

St. Casimir Catholic Parish **5K & 10K**
Come to the River **Run/Walk**



Put it on your running calendar today!

AUGUST 3, 2019

**10K Run and 5K Run/Walk
plus a Great Pancake Breakfast!**

St. Casimir Parish 815 Barnes Avenue Lansing, Michigan 48910

The 10K Run will start at 8:15 a.m. with the 5K Run/Walk starting at 8:30 a.m. Both courses are accurate and run along Lansing's scenic River Front Trail.

Registration: Register online at <http://runsignup.com/Race/MI/Lansing/CometotheRiver> or mail this registration form to St. Casimir Church 815 Sparrow Ave. Lansing, MI 48910.

Entry Fee: \$25 per individual which includes t-shirt and breakfast or \$80 per family of 4 - through July 30, 2019. Registrations received after July 30, 2019 is \$30 per individual or \$100 per family of 4, including breakfast. T-shirts are not guaranteed after July 30th.

Pancake Breakfast: Free to race participants (your bib number is your breakfast ticket), and available to non-race participants for five dollars (\$5.00) per person.

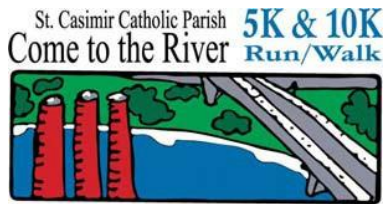
Awards: Men's and women's 5K and 10K age divisions: 14 and under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74, and 75+. Awards to the overall male and female winners and the top three in each age division.

Information: For more information contact the Parish office at (517) 482-1346. Find updated race information on the [St. Casimir Parish Facebook page](#), the [Playmakers website](#) or the [Michigan Running Foundation website](#).

Volunteers: Help us make the Come to the River 10K run and 5K run/walk safe and successful. If you would like to volunteer and help on Race day, call Mike (517) 719-3851 or Kelli at (517) 290-4273 or the Parish office (517) 482-1346. Leave your name and number and we'll contact you.

Packet Pickup: Friday, August 2, 2019 from 5:00 p.m. to 7:00 p.m. and beginning at 7:00 a.m. on race day, August 3, 2019, at St. Casimir Parish, Holy Family Center, 800 Barnes Ave., Lansing, Michigan 48910.

Proceeds: Proceeds from this event will support St. Casimir's Social Justice Ministries including Second Sunday Dinners, Advent House, the Food Bank and families in need in the Lansing area, to name a few.



August 3, 2019

ENTRY FORM

Date _____

Name _____ Date of Birth _____

Address _____ City _____ State _____ Zip _____

Email _____ Phone _____

**Make Checks Payable to: St. Casimir Catholic Parish. There will be no refunds.
Entry is non-transferable.**

Participant Name (please print)	Participant Signature for Waiver *	Male/ Female	10 K	5K	Age on Race Day	Shirt Size (see below)

T-shirt sizes available are S, M, L, XL, and XXL (men's sizes)

Entry Fees:

\$25 per person through July 30, 2019 (includes t- shirt & breakfast) _____

\$80 family registration (up to 4 members of immediate family) _____

\$30 per person after July 30, 2019 (includes breakfast, t-shirt not guaranteed) _____

\$100 family registration (up to 4 members of immediate family) _____

Additional breakfast: _____ @ \$5 each _____

Total Enclosed: _____

Waiver:

I know that running is a potentially hazardous activity. I should not run unless I am medically able and properly trained. I assume all risks associated with participating in this event including but not limited to: fall, contact with participants, the effects of weather, traffic, road or trail conditions, all such risks being known and accepted by me. Having read this waiver and signed the entry form, I for myself and anyone entitled to act on my behalf, forever waive and release all promoters, representatives, agents, sponsors, municipalities and participants from any and all claims or liabilities of any kind whatsoever from my participation in this event.

* Each participant must sign in the space above if over 18. If under 18, parent signature is required.