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

Put it on your running calendar today!

AUGUST 1, 2020

Please join us for the TENTH YEAR of our 10K Run and 5K Run/Walk plus a Great Pancake Breakfast!

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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 – **August 1, 2020** – our tenth year!

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 20, 2020. Entry fee for registrations received **after** July 20, 2020 is $30 per individual or $100 per family of 4, including breakfast. T-shirts are not guaranteed after July 20th.

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, 75 to 79. . 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 us on the ***Playmakers website*** and 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, July 31, 2020 from 5:00 p.m. to 7:00 p.m. and beginning at 7:00 a.m. on race day, August 1, 2020, at St. Casimir Parish, Holy Family Center, 800 Barnes Avenue, Lansing, Michigan 48910.

Proceeds: Proceeds from this event will support St. Casimir's Social Justice Ministries.

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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 20, 2020 (includes t- shirt & breakfast) _____

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

$30 per person after July 20, 2020 (includes breakfast, t-shirt not guaranteed) _____

$100 family registration after July 20, 2020 (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.**