

FIFTH ANNUAL WHITEHILLS 5K RUN/WALK RACE

**SATURDAY, AUGUST 24, 2019
EAST LANSING, MI**

**Half Mile Fun Run • 9:00am
5K Run/Walk • 9:30am**



- Course measured and chip-timed
- Run or walk through the beautiful tree-lined streets of the Whitehills neighborhood
- Proceeds go toward needs identified by Whitehills Elementary School
- Race start gate will move in 2019 as construction forces some course alterations—see website for details
- Parking location(s) will be announced on website when known



www.whitehills5K.com

REGISTRATION INFORMATION

- Visit www.whitehills5K.com to register online
or
- Mail in registration form to address below
- Entry fee non-refundable
- Make checks payable to Whitehills School Association
- Mail checks/registration forms to:
Whitehills School Association
Attn: Joy Campbell
3600 Shearwater Lane
East Lansing, MI 48823

DEADLINES

- Mail-in registration closes August 16
- Online registration closes August 20

PACKET & RACE DAY INFORMATION

- Packet pick-up Friday 6:00-7:00pm (location TBA) and beginning at 8:00am on race day
- Event takes place rain or shine!

QUESTIONS

- whitehills5k@gmail.com

AWARDS

- **Half Mile Fun Run**
Each participant receives a special prize
- **5K Run/Walk**
Finisher medals, male and female overall, and 1st, 2nd, and 3rd place finishers in each age bracket

MAIL-IN REGISTRATION FORM

	To 6/30	7/1- 8/16	Race Day
<input type="checkbox"/> 5K Run/Walk (0-4 yrs.)	FREE WITH ADULT		
<input type="checkbox"/> 5K Run/Walk (5-9 yrs.)	\$15 all pre-reg.		\$20
<input type="checkbox"/> 5K Run/Walk (10+)	\$20	\$25	\$30
<input type="checkbox"/> Half Mile Kids Fun Run	ALWAYS FREE		
<input type="checkbox"/> Additional Donation (if any)	\$ _____		
Total Enclosed:	\$ _____		

Name: _____

Address: _____

Phone: _____

Email: _____

Age on race day: _____ Birthdate: _____

Male Female

Adult T-shirt size (check one)

Small Medium Large XL XXL

Child (paid registration only) T-shirt size (check one)

Small Medium Large

I know that running/walking a road or trail race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Whitehills 5K, the City of East Lansing, and the Whitehills School Association, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose, including but not limited to electronic publications, promotional literature or advertising.

Signature (Parent or Guardian required if under 18) _____