



Downtown YMCA 5K Run/Walk 2009 & Senior Mile

Benefits Open Arms Annual
Campaign for Kids and Families

Sunday, August 2, 2009 ■ 10 a.m. ■ State Capitol Building, Lansing

<p>Location: The race will start and end in front of the State Capitol Building in downtown Lansing. No pets <i>on course</i> please.</p> <p>Events/Times: Kids Fun Run - 9:45 a.m. • 5K Run/Walk - 10 a.m. • Senior Mile - 10:10 a.m.</p> <p>Fees: 5K - \$25 up to 7/27; \$30 on 7/27 and after Family Rate - \$45 up to 7/2; \$55 on 7/27 and after <i>(Limit 4 immediate family members; 1 shirt per family registration)</i> Kids Fun Run - Free Senior Mile - \$10</p>	<p>Registration: Mail entry form(s) (one per person) below with payment to the Downtown YMCA (484-4000). Runners may also register online at active.com. Race day registration available from 8-9:30 a.m. at the Capitol.</p> <p>Entry Packets: All 5K Run/Walk registrants receive a race shirt, race packet and timing chip. Senior Mile participants receive a cotton t-shirt and race packet. Additional shirts may be purchased by all competitors for \$10 apiece.</p> <p>Awards: Overall – Masters – Grand Masters winners in each gender receive trophies. Top three in each age group/each gender receive medals.</p>
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Call the Downtown YMCA Wellness Center at 517-484-4000, or email BenWheeler@YMCAofLansing.org

Downtown YMCA Wellness Center 5K Run/Walk 2009 Registration

Choose Your Event

5K Run/Walk Senior Mile _____ No. of Children in Fun Run (Free)

Last Name: _____

First Name: _____ Gender: Male Female

Address: _____

City: _____ State: _____ Zip: _____

Phone(s) : _____

Email: _____

Date of Birth M/D/YY: ____/____/____ Age as of 8/2/09 _____

Choose Shirt Size (adult sizes only)

(1 Dri-Balance shirt included with 5K entry; 1 Cotton T included with Senior Mile; no shirts for Kids Fun Run)

S M L XL XXL

Entry Fees

Early Registration (before 7/27) \$25 _____

Family* Early Registration \$45 _____

**Limit 4 immediate members-1 shirt*

Race Week Registration (7/27 & after) \$30 _____

Family* Race Week Registration \$55 _____

**Limit 4 immediate members-1 shirt*

Senior Mile \$10 _____

Additional "Open Arms" Pledge \$ _____

Additional Shirt(s) @\$10 \$ _____

S M L XL XXL

Total Enclosed \$ _____

— Entry Fees Payable to **Downtown YMCA Wellness Center**, 119 N. Washington Sq., Lansing, MI 48933 —

REGISTER ONLINE AT ACTIVE.COM

Celebrate Lansing's 150th Birthday - Sesquicentennial Summer Picnic at Noon

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