



# L.A.S.S.I. 5K Run - Walk

## Local Animal Shelter Support, Inc.

A Michigan Non-Profit and 501(c)3

Helping abandoned, abused, & neglected pets of Oceana County

### ChronoTrack Systems Timing© by Newton Timing & Race Services

**Date:** Saturday, July 4, 2015 **Time:** Check in & Registration – 6:30 AM **5 K run - 8:00 AM**

**Location:** Start and Finish at Charles Mears State Park – Pentwater, Michigan

A loop through the quaint village of Pentwater.

**It is Flat, Fast and Fun**

**Parking:** A Recreation Passport is required to park in the park.

Please contact the park or visit: [www.michigan.gov/recreationpassport](http://www.michigan.gov/recreationpassport) for more information.

**Entree Fee: RUNNERS** \$25.00 postmarked by June 28<sup>th</sup>

\$30.00 after June 28

(No refunds due to weather)

Register on-line [www.lassiloop5k.com](http://www.lassiloop5k.com)

T-shirt included with early registration

**WALKERS WELCOME** \$20.00

T-shirt, but no timing or prizes

#### Awards / Prizes

#### Alternative 1 mile pet stroll option \$10 - no shirt or prizes

Prizes to overall female & male winner of 5 K run

Overall masters (40 and over) female and male winner of 5 K run

Overall senior masters (60 and over) female and male winner of 5 K run.

Awards to 1<sup>st</sup> and 2<sup>nd</sup> place winners in 5 K run, female and male, in age divisions:

Under 15, 15 – 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 and over

Refreshments provided for all participants after the race.

**Register on-line at [www.LassiLoop5k.com](http://www.LassiLoop5k.com)** or submit below: I am a [  ]**RUNNER** [  ]**WALKER**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Local Phone \_\_\_\_\_ E-mail \_\_\_\_\_

T-shirt size (cannot be guaranteed): (circle) S M L XL Gender (circle) Female Male

Age on race day \_\_\_\_\_

**Mail registration and Check to:** LASSI, PO Box 160, Pentwater, MI 49449

**Questions:** Call Anna Mize 231-869-4730 or 231-923-6563 or E-mail: [anna.mize@charter.net](mailto:anna.mize@charter.net)

Please accept my entry to the L.A.S.S.I. 5 K Loop. I hereby state that I have conditioned myself to run or walk more than the stated distance for the race in which I am entering. I waive any rights I may have against my sponsor or agents for damage or injuries incurred by my participation in the L.A.S.S.I. 5 K Run - Walk.

Entrant's signature \_\_\_\_\_ Date \_\_\_\_\_

(If under 18, parent or guardian to sign)

Emergency notification \_\_\_\_\_ Phone \_\_\_\_\_