

# L.A.S.S.I. 5 K RUN

All Proceeds go to Support L.A.S.S.I. (Local Animal Shelter Support, Inc.)

A non-profit agency helping the abandoned, abused, and neglected animals of Oceana County

**Date:** Saturday, July 7, 2012

**Time:** 5 K run - 8:00 AM (Check in & Registration - 7:00 AM)

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

The course is 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

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**Entree Fee:** Early Registration \$20.00 Must be postmarked before June 28<sup>th</sup> After June 28<sup>th</sup> - \$25.00 Per Person T-shirt included with registration (**ONLY** 75 shirts have been ordered)  
(No refunds due to weather)

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## Awards / 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: 0 – 14, 15 – 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 and over

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Refreshments: Provided for all participants after the race.

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

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## Registration Form L.A.S.S.I. 5 K Run

*Please Print*

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

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

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

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

Age on race day \_\_\_\_ T-shirt size(cannot be guaranteed): (circle) S M L XL Gender (circle) Female Male  
(Child sizes available before June 28<sup>th</sup>)

Mail registration and Check (payable to L.A.S.S.I.): Anna Mize 9081 N Timbershores Dr. Pentwater, MI 49449

Please accept my entry to the L.A.S.S.I. 5 K Loop. I hereby state that I have conditioned myself to run 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 Loop

Entrant's signature \_\_\_\_\_ Date \_\_\_\_\_  
(If under 18, parent or guardian to sign)

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