

Child &  
Family Services,  
Capital Area



**2007**

Angelhouse

# 5K Run/Walk

Sponsored by  
**Friends of the  
Hayhoe River Trail**

**Saturday, June 16, 2007**  
**Race time is 9:00 a.m.**

- Location: Start at Mason High School, 1001 S. Barnes Ave., Mason, Michigan
- Time: 9:00 a.m. 5K Run/Walk • 100 yd. Kids' Dash at the finish of 5K
- Registration: Mail or fax entry forms to Child & Family Services at 4287 Five Oaks Dr. Lansing, MI 48911, or fax to (517) 882-3506. Sorry, only entrants pre-registered by June 1, 2007, are guaranteed t-shirts.
- Packet pick-up: Race day: Saturday, June 16, 7:30 to 8:30 a.m., Mason High School south parking lot  
Early pick-up: Friday, June 15, 4:00 to 8:00 p.m. at Playmakers in Okemos.
- Age groups: Male/Female: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over, 6 & under for the 100 yd. Kids' Dash
- Awards/Prizes: Awards to the top three finishers in each age category and to the overall and masters (40 and over) male and female winners. Prize drawings for all 5K participants. Ribbons to all children in the kids' race.
- Information: Mary Reed, (517) 882-4000 ext. 126, maryr@childandfamily.org

Make checks payable to  
Child & Family Services, 4287 Five Oaks Dr. Lansing, MI 48911  
[FAX: (517) 882-3506] or pay by Visa or MasterCard  
Card # \_\_\_\_\_ Exp. date \_\_\_\_\_  
Amount \$ \_\_\_\_\_ Signature \_\_\_\_\_

## PLEASE PRINT

(One entry form per person—form may be copied.)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Age: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

E-mail: \_\_\_\_\_

T-Shirt size: child S M L or adult S M L XL XXL

**To register or donate  
online, go to  
[www.childandfamily.org](http://www.childandfamily.org)**

**Parking:** Streets to the parking lots are open until 10 minutes before race time.. Early arrivals can park in the Mason High School athletic complex parking lot (south side of the high school). Later arrivals and overflow parking will be in the Mason High School front parking lot.

**Fees:** 5K Run or Walk, \$25 through June 8, 2007, \$30 after June 8, 2007. **Fees are nonrefundable.**  
100 yd. Kids' Dash, \$15, includes ribbon and t-shirt. Sorry, only entrants pre-registered by June 1, 2007, are guaranteed t-shirts.

**To make a donation to Angel House, please make a separate check payable to Child & Family Services and include with registration form and payment, or bring your donation to the race.**

## Waiver of Liability

In consideration of my entry, I intend to be legally bound, for myself, my heirs, executors, and administrators, waive, release and forever discharge any and all rights and claims which I may hereafter accrue against the sponsors and officials of the race described in this entry form, and the City of Mason or their respective officers, agents, representatives, successors, and/or assigns, while participating in this event.

Signature \_\_\_\_\_

\_\_\_\_\_  
If under 18, Parent/Guardian signature