



Be 'Lucky 13' at the

'BURG (TRAIL) RUN

5K & 10K Trail Run * 5K Walk * 1-Mile 'Hike-4-Health'

Sunday, November 11, 2012 at
Laingsburg High School

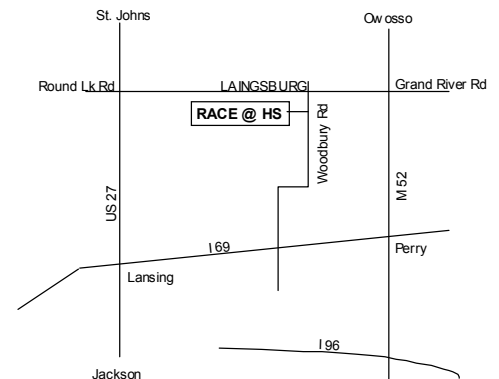
Past participants:
Get \$5 off your entry for each new participant you register (up to three).

Race day registration from 12:30-1:30 p.m.
One-Mile 'Hike-4-Health' starts at 1 p.m.
5K run/walk & 10K run starts at 2 p.m.
No strollers or pets please!

Race Director Scott Danek
517.285.6487 or scottmdanek@gmail.com

ONLINE REGISTRATION
AVAILABLE AT LEAF4Kids.com

**Quality, knee-friendly, very well-marked
high school cross country course**



Awards to top male and female Overall, Master, Grandmaster and Senior, plus three deep in each age group. Age groups are 10 & under, 11-13, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80-89, 90 & over.

IF NOT REGISTERING ONLINE, PLEASE COMPLETE, DETACH AND RETURN BELOW. ONE FORM PER ENTRANT. THIS FORM MAY BE DUPLICATED.

NAME _____ ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____ EMAIL NEXT YEAR'S FORM? **Y** OR **N**

AGE ON RACE DAY _____ M OR F _____ CIRCLE ONE: **10K** **5kR** **5kW** **1M** SHIRT SIZE **XL** **L** **M** **S** **YM** **YS**

ENTRY FEES (PLEASE CIRCLE ONE):

EARLY BIRD - THROUGH OCT 22:	5K & 10K:	\$18 w/SHIRT	\$13 w/OUT	1M:	\$10 w/SHIRT	\$5 w/OUT
BETWEEN OCT 23 & NOV 5:	5K & 10K:	\$20 w/SHIRT	\$15 w/OUT	1M:	\$10 w/SHIRT	\$5 w/OUT
NOV 6 THROUGH RACE DAY:	5K & 10K:	\$25 w/SHIRT	\$20 w/OUT	1M:	\$10 w/SHIRT	\$5 w/OUT

**Entries postmarked or entered online by Friday, November 2nd
are guaranteed shirt AND size.**
Registration deadlines based on postmark or online entry date.

Checks payable to: LEAF
Mail to: 205 S. Woodhull, Laingsburg, MI 48848

WAIVER: In consideration of the acceptance of this entry, I hereby, for myself and my heirs, executors and administrators, waive any and all rights, claims and damages I may have against the sponsors, coordination groups, Laingsburg Community Schools, and any individuals associated with said event. Also, none of the above is responsible for the loss of personal items or any other form of aggravation in connection with said event. I have been warned I must be in good health to participate in the event. In filling out this form, I acknowledge that I am an amateur in such event. I also give permission for the free use of my name and picture in any broadcast, telecast, or print media account of this event. In filling out this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions.

Entrant's Signature (Parent or Guardian's Signature if participant is under age 18) _____ USPS _____ Date _____