



3rd Annual

Lake Lansing Team Marathon

Sunday, August 9, 2015 • 7:30am

Lake Lansing Park South, Haslett, MI

1621 Pike St., Haslett, MI 48840

Benefiting



Running as a team is a great way to promote teamwork in your organization, camaraderie amongst your friends, and friendly competition against similar groups. This race is designed for runners and walkers of all abilities!

Join the fun! We anticipate **this event will sell out based on the success of the inaugural events.**

The Lake Lansing Team Marathon will be run by teams of five. **Team members will do one full lap (5.25 miles) around Lake Lansing.** We have reserved Lake Lansing Park South in order to accommodate runners as well as their friends and family. The course will include a combination of paved pathways, sidewalks, and open roads that will wind its way along the course with views of the lake.

Each team member will receive a race t-shirt and a commemorative pint glass. Each runner must include their age as well as gender upon registration in order to place them into the appropriate division for awards. There will also be a single-lap individual race, which includes a t-shirt but no awards. Runners will be allowed to run more than one leg if they wish, however the average age of their team members will be added onto their total team age in order to keep in line with the awards categories.

Aid stations will be staged along the course with both water and Gatorade available to runners.

All proceeds from this event will go to the Playmakers Fitness Foundation (PFF), a non-profit organization that is committed to the wellness of the Mid-Michigan community. The PFF works to empower all people to adopt and sustain a healthier and more active lifestyle by providing opportunities for people to move more and educational programs that train people to move better! Proceeds from the Team Marathon will fund additional opportunities and educational programs.



Race Information

Teams: Teams of up to 5 runners. All male, all female, and Co-Ed divisions. Awards will be given to the top 2 teams in each age division.

Date: Sunday, August 9, 2015

Time: 7:30 am

Start/Finish & Exchanges: Lake Lansing Park South

Course: Winds around Lake Lansing and ends at Lake Lansing Park South. Mostly road surface, with short trail and grass sections.

Distance: Team members will run 5.25 miles, for a total of 26.2 miles

Age Group Categories: Add the total age of the group members →

Race Limit: 160 teams

Packet Pick-up: Friday, Aug. 7, noon to 6 pm at Playmakers

Sunday, Aug. 9, starting at 6 am at the race start

FREE!
1K Kids' Run & Kids' Sprint in the Park
(register on race day)

Age Groups

MEN	WOMEN	CO-ED
0-89	0-89	0-89
90-114	90-114	90-114
115-144	115-144	115-144
145-184	145-184	145-184
185-224	185-224	185-224
225-274	225-274	225-274
275 & up	275 & up	275 & up

Registration Form

Registration through June 30th:

\$120 for all high school teams
 \$160 for regular teams
 \$30 for individual single-lap race

Registration on or after July 1st:

\$140 for all high school teams
 \$175 for regular teams
 \$35 for individual single-lap race

\$150 for registering 3 or more teams at once (contact andy@playmakers.com)

High School Team Single-Lap Race

Circle one: Men Women Co-Ed (must include 2 females)

Team Age Group: _____ (see other side)

Team Name: _____



Team Members:

1. _____
2. _____
3. _____
4. _____
5. _____

T-shirt size:

- | | | | |
|---|---|---|----|
| S | M | L | XL |
| S | M | L | XL |
| S | M | L | XL |
| S | M | L | XL |
| S | M | L | XL |

Age on Race Day:

- _____
- _____
- _____
- _____
- _____

Birthdate:

- _____
- _____
- _____
- _____
- _____

Team Captain: _____ Email _____

Phone #: _____

Total Enclosed: _____

Make checks payable to:
PLAYMAKERS FITNESS FOUNDATION

Send to:
 Playmakers Fitness Foundation
 Attn: TEAM MARATHON
 2299 W. Grand River Ave.
 Okemos, MI 48864

Questions/Information, contact:
 Andy Marsh - andy@playmakers.com
 517-349-3803

**Sunday,
 August 9
 7:30am**
**Lake Lansing
 Park South
 Haslett, MI**



Waiver of liability must be signed by all participants: (If participant is under 18 years of age, parent or guardian is required)

Waiver of liability: I believe I am physically fit for the event. In consideration of your accepting this entry form, I, intending to be legally bound, hereby for myself, my heirs, personal administrators waive and release all rights and claims for damages I may have against the Ingham County Road Commission, Ingham County Parks, Playmakers, the sponsors of this event, its agents, representatives, successors and assigns for any and all injuries suffered by me at said event, or which may arise out of traveling to, participating in and returning from this event.

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____