



Present
16th Annual Capital City River Run

1/2 Marathon, 5k Run/Walk, Kid's Runs

Sunday, September 28, 2008

www.ccriverrun.org

General Information

The 16th Annual Capital City River Run features a half marathon and a 5K walk/run, both of which will start and finish at the Lansing Center in downtown Lansing. The half marathon course passes through part of the MSU campus and features some of the area's most scenic attractions including the Lansing River Trail, Scott Woods and Hawk Island Park. In addition to the half marathon, race day will again include a 5k run/walk that features the State Capitol Building along with other downtown attractions. Proceeds are used to benefit Impression 5 Science Center.

Saturday, September 27 will feature the Healthy and Fit Magazine Expo from 10 a.m. to 6 p.m. at the Lansing Center in downtown Lansing and two races for children. Additional information on the expo can be found at <http://www.healthyandfitmagazine.com/>.

Schedule of Events

- **Saturday, Sept 27** 10-6 Healthy and Fit Magazine Expo
- **Sunday, Sept 28** 8:30 a.m. Half Marathon run
- **Sunday, Sept 28** 8:30 a.m. 5K run/walk
- Please check our website www.ccriverrun.org for the date and time of the kid's runs

T-Shirts

A long-sleeved, technical t-shirt is included with the standard entry fee.

Fees and Registration

Please make checks payable to *Impression 5*. Registration payments are non-refundable.

- **Half Marathon:** Entry fee through September 8 is \$35. September 9 through September 22 is \$40. September 23 through September 27 is \$45. Late registration on race day September 28 is \$55.
- **5k Run/Walk:** Entry fee through September 8 is \$25. September 9 through September 22 is \$30. September 23 through September 27 is \$35. Late registration on race day September 28 is \$40.
- **Kid's Races:** Entry fee for both children's races is \$5. (There is no on-line registration for children's races)

By mail through September 23

Impression 5 Science Center
200 Museum Drive
Lansing, MI 48933

Online through Thursday, September 25 -- at www.ccriverrun.org for a nominal surcharge. Kid's race registration is not available online.

In person through Friday, September 26 -- at Playmakers, 2299 West Grand River in Okemos (517) 349-3803.

In person Saturday, September 27 and Sunday, September 28 -- at the Lansing Center 333 E. Michigan Avenue, Lansing, MI 48933.

Packet Pick-up

At the Lansing Center, 333 E. Michigan Avenue, Lansing, MI 48933 on Saturday, September 27 from 10 a.m. to 6 p.m. in conjunction with the Healthy and Fit Expo and on Sunday, September 28 from 7:00 to 8:15 a.m.

Awards

Special awards go to top male and female **open, masters, and grandmasters** finishers in the half marathon and 5K races. Age group medals go three deep for 13 & under, 14-19, and then in 5 year increments going as high as necessary. Competitive race walkers are welcome to participate, but will not be considered a separate division.

Results

Results will be posted immediately after the races at the finish. Results will also be available later on race day online at www.playmakers.com, www.gaultracemanagement.com, or www.ccriverrun.org.

Chip Timing

We will be using chip timing for the 5K and half marathon events. Runners will be given a magnetic chip with instructions on how to fasten it to their shoes. An electronic mat at the finish line will record times as runners complete the race. Chips must be returned at the end of the race or the runner will be charged a \$30 replacement fee. Volunteers will be posted at the finish to help you remove your chip.

For More Information

Visit our website: www.ccriverrun.org.

Erik Larson Impression 5
www.impression5.org
(517) 485-8116 ext 43

Dick Miles
mileselan@comcast.net

Dan Casey
danandpeg@aol.com

To volunteer, please contact

Kathy Johnson
ksjohnson32@comcast.net
(517) 484-8802

Special note – Organizers reserve the right to modify the race courses and distances in the unlikely event of flooding and other circumstances and occurrences that are beyond our control.

Directions and Parking

The race will start and finish by the Lansing Center 333 E. Michigan Avenue, Lansing, MI 48933. Information about city parking ramps can be found at cityoflansingmi.com. Prior to the race, check the event web site www.ccriverrun.org for information about parking, road construction, and access to downtown Lansing.

Showers

Free showers are available at the Downtown YMCA Fitness Center, 119 N. Washington Sq., Lansing, MI 48933 517/484-4000. Bring your race number to the desk.

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<i>Sunday, September 28, 2008, 8:30 am</i>	www.ccriverrun.org	www.impression5.org
Last Name _____	First Name _____	MI _____
Street Address _____		
City _____	State/Prov _____	Zip _____
email _____	Phone (____) ____ - _____	
Birthdate MDY ____/____/____	Age on race day _____	Sex M/F _____

Please use separate forms for each participant

	Before 9/9	9/9-9/22	9/23-9/27	Race Day	Size XS/S/M/L/XL	
Half Marathon	\$35	\$40	\$45	\$55	_____	\$ _____
5K run/walk	\$25	\$30	\$35	\$40	_____	\$ _____
Smile Mile (kids <13)	\$5	\$5	\$5	\$5	_____	\$ _____
Slime Dash (kids <=7)	\$5	\$5	\$5	\$5	_____	\$ _____

Note: Shirt sizes for kid's races are in children's sizes

ChampionChip	<i>The race will be chip-timed. Free loaner chips are available for use during the race.</i>
	<i>If you own your own ChampionChip, enter the chip number here _____</i>

Tax Deductible donation to Impressions 5 Science Center	\$ _____
You may deduct \$5 if you choose not to receive a cool-max race shirt for the 5k or ½ marathon	\$ _____

Payment (circle one) Visa, Mastercard, Discover, American Express, Check	Total	\$ _____
Card # _____	Exp Date ____/____ (MM/YY)	
Cardholder sign _____	3 digit Discover Security Code _____	

If you are using your Discover card, please indicate your card's 3 digit security number found on the reverse of the card following the card #. For help finding this number, call (517) 485-8116 x23

Please make checks payable to Impression 5 Science Center, 200 Museum Drive, Lansing, MI 48933

Waiver - I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the condition of the road and trail, all such risks being known and appreciated by me. Having read the waiver and knowing those facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Impression 5 Science Center, the City of Lansing Parks and Recreation Department, the City of Lansing, Lansing Township, the City of East Lansing, the Ingham County Parks Department, Michigan State University, all volunteers, all sponsors, their representatives and successors, and officials engaged in the conduct of the Capital City River Run from all claims of liability of any kind arising out of my participation in this event. I grant permission to all of the forgoing to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose.

Entrant's signature _____	Date ____/____/____
Parent or guardian if under 18 _____	Relationship _____
In case of emergency notify _____	
Emergency phone (____) ____ - _____	