

Run-A-Munk

5K Run & Walk

- 5K Runners and Walkers Start at 10:00 a.m.
- 10K Runners and 5K Competitive Walkers Start at 10:15 a.m.
- Kid's Event Start at 11:30 am

Woldumar Nature Center
5739 Old Lansing Road, Lansing, MI 48917.
The center is located 2 miles west of Waverly Road,
Exit 98B on I-96, Exit 4 on I-496.

All pre-registered entries will receive a T-shirt.
We are sorry but we cannot guarantee a T-shirt with
late or race day registration.

Awards:
Run: Overall, Master and Grandmaster male and
female (and top three finishers in each age division)

Competitive Walk: Overall, Master and Grandmaster
male and female (and top three finishers in each age
division)

Age Groups: Female & Male: 14 & under, 15-19,
20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54,
55-59, 60-64, 65-69, 70-74, 75-79, 80+

Early Packet pick-up: Friday, November 12
at Playmakers 4 p.m. to 7 p.m.

Registration: Saturday, November 13, 8:30 a.m. to
9:45 a.m. at Woldumar Nature Center

Send entries to: Run-A-Munk
Attn: David Stierley
9909 W. Eaton Hwy.
Grand Ledge, MI 48837

Or drop off at: Playmakers
2299 W Grand River Ave
Okemos, MI 48864

Information: David Stierley: (517) 627-1251
Lori McSweeney: (517) 322-0030

Woldumar's 3rd Annual Run-A-Munk 5•10K Run/Walk

Entry Form (One entry form per person)

(Please print)

Please Check Event: ☐ 5K Competitive Walk (road) ☐ 5K Trail Run/Walk
☐ 10K Run ☐ Kid's Event (Enhanced kids events, see website for details)

Name: Last name; first name; middle initial

Telephone

Address

City/State/Zip

E-mail Address

Age on Race Day _____ ☐ Female ☐ Male Adult Shirt Size: ☐ S ☐ M ☐ L ☐ XL
Child Shirt Size: ☐ S ☐ M ☐ L

Note for Walkers: Because the walk is competitive, you cannot run at any time during the race. If
it is reported that any walk participant was running during the race, that participant will be moved
to the run division.

Entry Fee: ☐ Registration \$18.00 ☐ Registration \$20.00 ☐ Race Day registration \$25
(Postmarked by October 23) (After October 24) (November 13)

Please make checks payable to Woldumar Nature Center. (For office use, Check # _____)

Credit Card: ☐ MasterCard ☐ Visa /Card Number: _____

Exp. Date _____ ☐ Cash Additional Donation: _____

Signature _____ Total Enclosed: \$ _____

Date paid: _____

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, Woldumar Nature Association and its affiliates, 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. 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. I also understand my application fee is non-refundable.

Entrant Signature (parent/guardian if participant is under age 18)

Date

Emergency Contact Name

Relationship

Phone

If paying for more than one person, please copy and attach this form(s) indicating additional participants.
Proceeds will benefit Woldumar and its environmental education programs

This form may be photocopied for additional entries.

About Woldumar Nature Center

Woldumar is a self-funded 501(c)(3), non-profit environmental education center located just 5 miles west of downtown Lansing. Its mission is to educate people about the natural environment.

Nestled along the Grand River with more than a mile of shoreline, Woldumar represents 178 acres of one of the most diverse ecosystems in the region with five miles of natural hiking trails.

For information, please contact Woldumar at **517-322-0030** or visit our Website **www.woldumar.org** to learn about our programs and membership opportunities.

Annual Events

- "Chili" Winter Evening, January
- Owl Prowl, February
- Wildflower Weekend, May
- Woldumar's Annual Picnic, June
- American Heritage Festival, September
- Camp Discovery, **Nature Day Camp** for 4-16 year olds offered during the Spring, Summer & Winter breaks.

**3rd Saturday of each month is
Community Fun Day!**

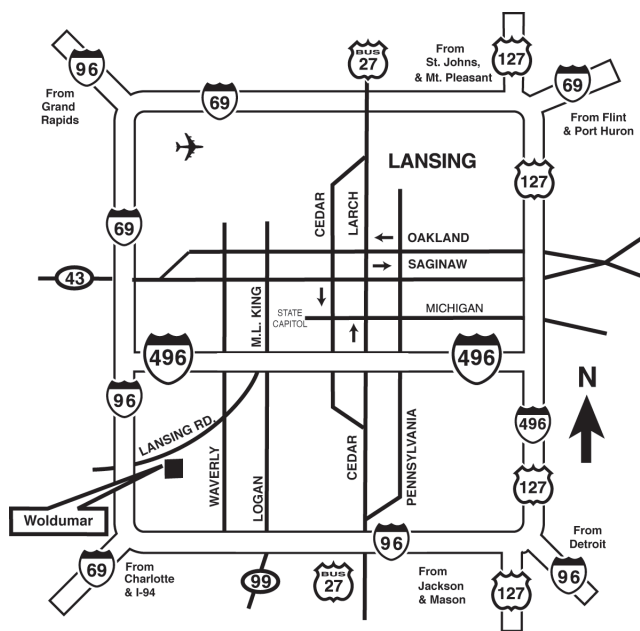


All races will begin at Woldumar Nature Center with competitive walkers proceeding through the lovely Millett neighborhood and all other races continuing through the trails.

Other Race Day Events

- **Moon Log Cabin Tours**
- **Visitor Center Tours including Nature Displays with Live Animals and the Woldumarket Gift Shop.**
- **Children's Activities**

All race day activities subject to change



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Woldumar Nature Center

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5K Run & Walk

2010



Saturday, November 13

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Proceeds to benefit:



WOLDUMAR
NATURE CENTER

5739 Old Lansing Road • Lansing, MI 4891