



# LAKE MICHIGAN COLLEGE

Employee  
Registration  
Form

## Steven C. Silcox "Spring Training" 5K & 10K Run/Walk

Saturday, April 21, 2012 - 9:00 A.M.  
Lake Michigan College Napier Avenue Campus

The entry fee is \$20 prior to April 13, 2012. After April 13 and on race day the fee is \$25. Runners can pick up their packets or register on race day in the front main entrance (in front of the flag poles) beginning at 7:45 a.m. Registration closes at 8:45 a.m. Refreshments and post-race awards will be held near the finishing line.

**Race results will be captured through chip timing.**

All participants will receive a t-shirt and the top finisher in each age group will receive a medal. The overall male and female winner will receive a gift certificate to a local restaurant and a trophy. All proceeds will support Lake Michigan College Soccer Club. Any questions call (269) 927-8100 ext. 5101 or email

[cowan@lakemichigancollege.edu](mailto:cowan@lakemichigancollege.edu)

Please make checks payable to: **LMC SOCCER CLUB**  
Mail entry form and payment to: Lake Michigan College  
Attn: Andrew Cowan L301A  
2755 E Napier Avenue, Benton Harbor, MI 49022

Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Cell \_\_\_\_\_ E-mail \_\_\_\_\_  
Birth date: \_\_\_\_\_ Sex \_\_\_\_\_

**T-shirt size** (circle one) S M L XL XXL

**Race you will participate in:** 5K run \_\_\_\_\_ 10K run \_\_\_\_\_ 5K walk \_\_\_\_\_

**Individual competition:** Please check your age and race category as of race day – April 21, 2012:

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 & over \_\_\_

**Team Competition - Team Name** \_\_\_\_\_

Join the team competition with your walking/running group of five people. Those participating in the team competition will still appear in the regular overall results and are eligible for age group prizes. All members must be participating in the same distance. To enter the team competition, indicate your team name. There is no additional charge to participate in the team event, although team registration will not be accepted on race day.

Please accept my entry in the 2012 Lake Michigan College Steven C. Silcox "Spring Training 5K & 10K race. I assume all risks associated with participating in this event including weather conditions, race course condition (including traffic) and my health throughout the race. Having read this waiver and knowing these facts, I hereby waive and release LMC, its representatives/volunteers and their sponsors of the "Spring Training" race from all claims or liabilities of any kind that may arise from my participation in this event. I understand that as an employee, if I participate my entrance fee will be reimbursed.

I am an LMC Employee. Department \_\_\_\_\_ Ext. \_\_\_\_\_

Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_