



## JUNE 9, 2012 LANSING, MICHIGAN

Events will start at the corner of Ottawa and Washington in front of Capitol National Bank.

- 8:00 am:** 40 and up women's mile
- 8:15 am:** 40 and up men's mile
- 8:30 am:** Women's mile
- 8:45 am:** Men's mile
- 9:00 am:** Kids' races
- 9:15 am:** 5K

Playmakers Race Series Event  
**Race Series Points Only Apply to the Mile Event**

### REGISTER TODAY!

#### BY MAIL:

Capitol Bancorp Limited Foundation  
200 Washington Square North, 4th Floor  
Lansing, MI 48933

#### ONLINE AT:

[www.active.com](http://www.active.com) \*\*  
Online registration ends June 6

#### ONSITE:

Race Day Registration opens 7:00 am

\*\* Your payment total will include a transaction fee from Active.com in addition to your registration fee.



### RACE PACKET PICK-UP

#### PLAYMAKERS

2299 W. Grand River Avenue, Okemos | Friday, June 8 from 5:30 to 7:30 pm

#### RACE DAY PACKET PICK-UP/REGISTRATION

Saturday, June 9 – Open at 7:00 am

### OVER \$2,500 IN CASH PRIZES\* AND AWARDS MILE

**OPEN** (cash prizes and awards for each gender)

- 1st - \$500
- 2nd - \$200
- 3rd - \$100
- 4th - \$75
- 5th - \$50

**MASTERS** over 40 (cash prizes and awards for each gender)

- 1st - \$100
- 2nd - \$75
- 3rd - \$50

#### BONUS CASH

\$50 bonus for clear leader in the women's and men's open mile at any of the 1/4 mile marks.  
\$500 for first male under 4:00 minutes or female under 4:30 minutes.

#### 5K

1st place overall male and female - \$100

1st place masters (over 40) male and female - \$100

(Awards for runners who finish 1st, 2nd, and 3rd in each age/gender division)

#### AGE DIVISIONS

14 & Under	25-29	40-44	55-59	70+
15-19	30-34	45-49	60-64	
20-24	35-39	50-54	65-69	

\*Must be a U.S. citizen to be eligible for cash prizes.

#### KIDS' DASH | KIDS' MILE

All Kids' Races registrants will receive a t-shirt and a race token as recognition of race completion.

#### REGISTRATION NOTES

Please complete one registration form for each participant of your family or group. Be sure to sign the waiver. To receive credit for race results, age must be provided.

#### RACE TIMING AND RESULTS

ChronoTrack system with disposable D-Tags will be used for timing. Details on this system are available at [www.gaultracemangement.com](http://www.gaultracemangement.com). The results will be posted online at [www.capitolbancorp5k.com](http://www.capitolbancorp5k.com) and [www.playmakers.com](http://www.playmakers.com).

#### PROCEEDS OF THE EVENT WILL BE USED TO FUND

#### THE CAPITOL BANCORP LIMITED (CBC) FOUNDATION

All event proceeds will be directed back into our local community. We are committed to raising funds to support local community and education-based organizations.

#### QUESTIONS

Call 517.487.6555 or email [CBC5K@capitolbancorp.com](mailto:CBC5K@capitolbancorp.com).

**SEE REVERSE FOR REGISTRATION FORM ↗**





**PLEASE PRINT**

NAME \_\_\_\_\_  
 PHONE (\_\_\_\_\_) \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 E-MAIL \_\_\_\_\_

**Dash for Community Cash Group** \_\_\_\_\_  
 (if participating on behalf of an organization)

MALE  FEMALE

**Age on June 9, 2012** \_\_\_\_\_  
 (To receive credit for race results, age must be provided.)

**Would you like to be chip timed?**  Yes  No

**Race Number Assigned** \_\_\_\_\_

**PAYMENT OPTIONS FOR REGISTRATION (Circle one)**

**Online** Credit Card \_\_\_\_\_  
**Playmakers** Cash Credit Card Check \_\_\_\_\_  
**Race Day** Cash Credit Card Check \_\_\_\_\_  
**Make checks payable to:** CBC Foundation

**REGISTRATION FEES (NON-REFUNDABLE)**

**PLEASE CHECK ONLY ONE BOX BELOW**

Ages 18 and under - \$20 (register anytime)  
 5K ONLY  Mile ONLY  BOTH Mile & 5K

Adult \$25 – Register by June 8, 2012

5K ONLY  BOTH Mile & 5K

Adult \$20 – Register anytime

Mile ONLY

Adult \$30 – Registration on June 9, 2012

5K ONLY  BOTH Mile & 5K

*Playmakers Series Points apply only to the mile event.*

We invite our elite runners (1M: Men - 4:10 minutes or less and women - 4:45 minutes or less, 5K: Men - 15:00 minutes or less and women - 17:00 minutes or less) to contact us at 517.487.6555 to obtain registration fee waivers.

**PICK ONE KIDS' EVENT**

Kids' Dash – Ages 6 and under – \$10  
 Kids' Mile – Ages 12 and under – \$10

**T-SHIRT SIZES (Circle one)**

Adult shirts are tech. Child shirts are cotton.

**Adult** S M L XL XXL **Child** S M L

No guarantee of t-shirt size availability

**ALL PARTICIPANTS MUST SIGN THE FOLLOWING WAIVER**

**Participation Agreement**

I understand that participation in this event requires a high level of physical exertion and that there are health and injury risks associated with my participation. Participation in this event could result in serious bodily injury or even death. I hereby certify that I have sufficiently trained for this event and that my level of physical fitness is adequate for this competition. I hold harmless Capitol Bancorp Limited, Capitol National Bank, CBC Foundation and all race sponsors/organizers for any injuries, accidents, illness, or any claim for damage related to my participation in the event. I have hereby read the entry information provided and certify my compliance by my signature below. I also hereby give my permission to the media, Capitol Bancorp Limited, Capitol National Bank and CBC Foundation to use my name and/or picture for publication without limitation.

\_\_\_\_\_  
**Signature of Participant - REQUIRED**

\_\_\_\_\_  
**Signature of Parent/Legal Guardian**

(If participant is less than 18 years of age)

**THANKS TO OUR SPONSORS**



Word of Life Foundation - The Maas Family