



JAYHAWK 5K Run/Walk

Cross Country Race for **ALL AGES** at the University Park Golf Course
2100 Marquette Avenue, Muskegon, MI 49442
Friday, October 16, 2015, 12:00 PM

ABOUT THIS EVENT

The Jayhawk 5K is a part of the Muskegon Community College Cross Country Day which includes a collegiate and high school invitational. **Please park at Muskegon Community College and walk to the course.**

ABOUT THE COURSE

The 5K will be run on the MCC University Park Golf Course. The women's course record of 17:22 was set in 2014 by Amy Cymerman. The men's course record of 16.09 was set in 2014 by Keaton Smith.

ENTRY FEES

\$5.00 without shirt, \$15.00 with shirt

T-shirts not guaranteed for race day registrants.

AWARDS

Top 3 Male and Female Runners, Door Prizes

Last Name: _____ First Name: _____ Gender: Male Female

Street Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Emergency Contact: _____

Date of Birth: _____ E-mail Address: _____

I hereby, for myself, my heirs and my personal representative(s), release and discharge Muskegon Community College and its agents and employees from any actions or claims for damages which I may have and for all sicknesses or illnesses which may occur as a result of any undetected medical conditions and/or any and all injuries suffered by me either in training for, participation in or traveling to any activity directly associated with Muskegon Community College. I agree that certain activities may be dangerous and possible injuries may, by nature, occur. I do, however, agree to assume full responsibility.

Date: _____ Signature: _____ Age: _____

Date: _____ *Parent/guardian signature: _____

**If under 18 years of age*

Please Mark:

_____ \$5.00 Registration Only
_____ \$15.00 Registration Plus Shirt
_____ Shirt Size (XS, S, M, L, XL, 2XL)
No Credit Cards
Make checks out to
Muskegon Community College

Mail this form along with entry fee to:
Muskegon Community College
HPER Department
221 S. Quarterline Road
Muskegon, MI 49442
Or hand deliver to
Room 801 – MCC Gym