



Lansing Educational Foundation

RUGGED 5K

A TRAIL RUN/ WALK THROUGH THE LHS PROPERTY

\$25

Staff &
Student Rate

\$35

Early Bird
Rate until
October 1st

NOVEMBER 4, 2023

Name: _____

Email: _____

Phone: _____

Address: _____

City, State and Zip: _____

Please make checks payable to **Lansing Educational Foundation**

T-SHIRT SIZE

- X-Small
- Small
- Medium
- Large
- X-Large
- 2X-Large
- 3X-Large

AGE CATEGORY

- 10 - 18 Years Old
- 19 - 39 Years Old
- Over 40

GENDER

- Male
- Female

Return form and Payment to **Mona Hauver** at the
Lansing High School Front Office by EOD **October 20th** to
guarantee you will receive a t-shirt

Questions? Email Kara.Thompson@usd469.net