



2008

Saturday, July 26, 2008
Race time is 8:30 am

GO for SLO

5K Run/Walk

- Location: Start at Waldron Elementary / Middle School, 11214 W. Kent Street, Fowler, MI 48835
- Time: 8:30 am 5K Everett's Dash (1/4 mile) at the finish of 5K
- Registration: Mail entry forms to Go for SLO, 608 West Walker Street, St. Johns, MI 48879 or
Drop off entry forms off at Playmakers, 2299 W. Grand River Ave., Okemos, MI 48864
- Packet pick-up: Race Day ~ Saturday July 26, 7:00 to 8:00 am, Waldron Elementary/Middle School east parking lot
Early pick-up ~ Friday, July 25, 4:00 to 8:00 pm, at Playmakers in Okemos
- Age groups: 11- 14, 15 - 19, 20 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65 and up
- Awards / Prizes: Awards will be given to the three in each age group
Ribbons will be given to all runners of Everett's Dash
There will be a drawing for door prizes at the conclusion of the race
- Race Information: Andy Thelen, (989) 292-1677 e-mail: asthelen@gmail.com

What is Smith-Lemli-Opitz Syndrome

Smith-Lemli-Opitz Syndrome, is the inability to correctly produce cholesterol. **Cholesterol** is an essential nutrient of all cells required for proper growth and development in all areas including the organs and brain. SLOS is a metabolic genetic issue and is estimated that as many as 1 in 30 people are carriers. Many SLOS children have internal malformations such as an irregular liver, heart and kidneys which often has fatal consequences. Children with SLOS continue to struggle with development and general good health throughout their lifetimes.. For more information please go to:

<http://www.smithlempiopitz.org/>



Make Checks Payable to and mail to: Andy Thelen
608 West Walker Street; Saint Johns, MI 48879

Postmarked by July 23, 2007 5K \$14.00 _____ Day of \$20.00 _____ Everett's Dash (1/4 mile) Free _____ (10 and under)

Name _____ Phone _____

Street _____ City _____ ST _____ Zip _____

E-Mail _____ Male _____ Female _____ Age on day of race _____

Shirt Size child S M L or adult S M L XL XXL

Waiver of Liability:

I assume all risks with participating in this event, including, but not limited to falls, contact with other participants, the effects of weather, traffic, and road conditions, all such risks being known and accepted by me. I, for myself and anyone whom acts on my behalf, waive and release all sponsors, race officials, and the Smith Lemli Opitz/RSH Foundation from claims or liabilities of any kind from my participation in this event.