



9th Annual London Strong "Set Your Dreams" 5K Thursday, July 23, 2026

Creasey Bicentennial Park 1505 E. Grand Blanc Rd. Grand Blanc, MI 48439

SEND ENTRIES TO: DROP OFF ENTRIES TO COMPLETE RUNNER OR SEND ENTRIES TO:

London Strong Foundation PO Box 683 Grand Blanc, MI 48439 (Mail no later than July 18th)

ATTN CRIM TRAINING PARTICIPANTS: YOU MUST INCLUDE YOUR VOUCHER WITH YOUR REGISTRATION WHEN MAILING IN.

TIME*: 1/2 mi Fun Run/Walk 6:00 PM Run/Walk 6:30 PM



PACKET PICK-UP: Complete Runner Grand Blanc.

Wednesday, July 22, 10 am-6 pm, Race Day Thursday, July 23, starting at 4:30 pm.

PRICE: Kitten Kaboodle 1/2 Mile: \$15 includes shirt/medal.

5k Run/Walk: \$30 early bird ends July 6th. Price increases follow.

Go to LondonStrongFoundation.org for more details.



COURSE: Paved and gravel with flat land.

FACILITIES: Park Pavilion and Portables.

CUSTOM LONDON STRONG FINISHER MEDAL TO FIRST 500 REGISTRANTS - MUST FINISH TO RECEIVE MEDAL.

For more information visit LondonStrongFoundation.org

ONE PERSON PER ENTRY

For more information visit www.LondonStrongFoundation.org

Date: / /

LAST NAME

Grid for last name

FIRST NAME

Grid for first name

M.I.

Grid for middle initial

STREET ADDRESS

Grid for street address

CITY/TOWN

Grid for city/town

STATE

Grid for state

ZIP/POSTAL CODE

Grid for zip/postal code

PHONE NUMBER

Grid for phone number

Grid for phone number

Grid for phone number

DATE OF BIRTH (MO/DA/YR)

Grid for date of birth

AGE ON RACE

Grid for age on race

Email

Grid for email

Male

Male checkbox

Female

Female checkbox

Est time:

Race (circle one): 5k RUN/WALK

VIRTUAL 5K RUN/WALK

Kitten Kaboodle 1/2 Mile

Shirt: You will receive a London Strong T-shirt from previous race or select London Strong merchandise.

In consideration of my participation in this event, I for myself, my heirs, executors, and administrators, waive all rights and claims for damages I may have against London Strong Foundation, the sponsors of this event, their agents, representatives, successors, and assignees for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I further state that I am in proper physical condition to compete in this event.

ATHLETE (OR PARENT, IF UNDER 18) MUST SIGN: DATE

Make Checks out to: London Strong Foundation

Please check your email and www.LondonStrongFoundation.org for updates regarding start and packet pickup information. Start time is subject to change, including wave starts. You must include your email address in registration to receive these updates. Please write clearly.

In memory of London Eisenbeis, who passed away from sudden cardiac arrest on February 27th, 2018. We are a 501(c)3 organization bringing awareness to how CPR and AEDs save lives. We donate AEDs throughout our community and educate people on how to use them in emergencies. Together, we can help to save lives and make our community a safer place.

LondonStrongFoundation.org