



**FIFTH THIRD
RIVER BANK RUN**

PARTICIPANT CHECK-LIST

Steps to take if you are running or walking for Grand Valley State University

- ☐ Register and pay for the 2015 River Bank Run. Fill out the online form for the 5K Walk, 5K Run, 10K Run 25K Run, Wheelchair or Cycle Division at www.53riverbankrun.com.
- ☐ Sign up for the Laker for a Lifetime Team online [HERE](#).
 - Fill out your personal information so that we may give you the latest and greatest information and resources about the L4aL team.
 - Create your Advocacy Center.
 - Upload your favorite photo or video. (A stock GVSU photo will be uploaded if you do not choose to upload one.)
 - Write a personal statement about your choice to race with the Laker for a Lifetime Team. (A default statement about GVSU will be uploaded if you do not choose to write one.)
 - Share your personal fundraising URL on your social media sites, through e-mail and via other outlets.
 - Contact Abigayle Sloan at GVSU Alumni Relations with questions. 616-331-3591 or sloanab@gvsu.edu.
- ☐ Start fundraising for the Laker for a Lifetime Team and the Student Support Fund, which is a scholarship for students facing an emergency financial situation that would otherwise withhold them from graduation from Grand Valley. [Get fundraising resources here](#)
- ☐ Begin collecting donations for Grand Valley State University. To help with your efforts, we have included materials and tips to get you started. Cash and checks can be sent to Grand Valley State University Development office at:
301 Michigan Street NE, Suite 100, Grand Rapids, MI 49503-3314

Please have all donors designate the gift in your name for the River Bank Run.



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- ☐ All participants are encouraged to visit the Sports and Fitness Expo on May 8 to pick up their official event packet (timing chip, bib number, etc.). While at the expo, come to the Laker for a Lifetime booth to pick up your Laker for a Lifetime shirt and FUNDracer packet. The expo will be held at DeVos Place from 11:00 a.m. to 8:00 p.m. A map of booths can be found at the entrance.
- ☐ Race Day – Parking: *FUNDracers will receive free parking in the ramp located on the corner of Winter Avenue and Fulton. The ramp is near the course and will have limited access throughout the day. All cars must be in the ramp by 7:45 a.m. and will not be able to leave until the course opens at noon. In the meantime, join us for the post-race party. (see details below)
- ☐ Visit the Laker for a Lifetime tent located on the west side of the DeVos Center on the GVSU Pew Campus (along Winter Avenue) before or after the race. *Before the race you can use our tent as a complimentary bag/gear check to store items. *We'll also offer free parking and coffee and breakfast before the race. Your family members can also visit our tent and spirit station to spend time while you are participating in the race. We would love to see you and your family.
- ☐ After the Race – Join us for the post-race party at the Laker for a Lifetime tent. Bring your friends and family to our exclusive Laker tent. FUNDracers can enjoy a beer...or two on us, as well as other nourishing food and drinks. All volunteers get free access to the tent and non-FUNDracers only pay \$10 for entrance. Children 5 and under are free.
- ☐ Good luck on your journey, and we'll see you at the finish line!

*These perks are offered to FUNDracers at the Blue (\$250) Level.