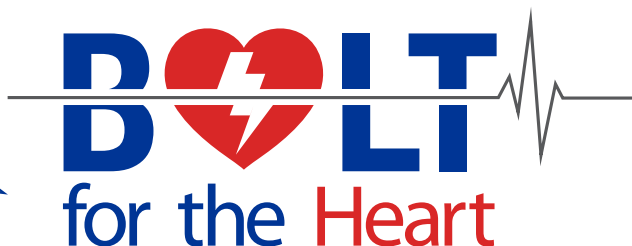


JOIN THE MICHIGAN STATE POLICE IN THE

Bolt for the Heart 5K Run/Walk

Saturday | May 18, 2019 | 9:00 a.m.



Register online: <https://runsignup.com/Race/MI/Lansing/BoltfortheHeart>

Race Information:

This is a flat course that will be run on the grounds of the MSP Training Academy, located at 7426 N. Canal Rd., Lansing, MI 48913. The Running Foundation will be on site to provide professional race timing.

Packet pick up is on Friday, May 17, 2019, from 3 p.m. - 6 p.m., or on race day from 7:45 a.m. - 8:30 a.m. 5K participants registered prior to May 16, 2019 will receive a race t-shirt. Ribbons will be given to all participants. Awards will be given to the overall male and female, overall masters male and female, and the top three individuals in each age group (men and women).

Entry fee: \$25 (\$30 after May 1)

Other race day activities include:

- Tour the MSP Training Academy
- Meet local state troopers
- Learn about careers with MSP
- Enjoy kids' activities

For questions about this event contact F/Lt Kevin Caldwell at 517-513-1098 or caldwellk4@michigan.gov.

About Bolt for the Heart

Michigan's Bolt for the Heart was derived from Indiana's Bolt for the Heart, which was established in 2010. The mission of Michigan's Bolt for the Heart is to place an Automated External Defibrillator (AED) in each Michigan State Police patrol car, and to provide preventative cardiac screenings for troopers.

Michigan's Bolt for the Heart is in memory of MSP Sgt. Peter McNamara (1963-2018).