

DATE Saturday, May 15, 2010 8:00 AM

DISTANCE 5K (3.1 miles)

RACE DAY REGISTRATION Time: 6:30 AM – 7:35 AM Location: Forest Road School, 901 Forest Road, LaGrange Park

PARKING Please park in the adjacent lot south of building.

ENTRY FEE (NONREFUNDABLE)
Prior to May 13 Run – \$16 Walk – \$12
On or after May 13 Run – \$20 Walk – \$16

REFRESHMENTS Fruit, bagels, cream cheese, fruit juices and water.

AGE GROUPS (5K RUN)
8 & under 9-14 15-19 20-24 25-29 30-34 35-39
40-44 45-49 50-54 55-59 60-64 65 & better

AGE GROUPS (5K WALK) 16 & under 17-30 31-45 46-60 61-69 70 & better

RUNNERS' AWARDS
Overall male & female – 1st Male & female in each age group – 1st & 2nd
Oldest finisher
First male and female residents of LaGrange Park.
\$50 cash prize for new male or female course record.

WALKERS' AWARDS Overall male and female – 1st Male and female in each age group – 1st & 2nd

RACE PACKETS Race packets can be picked up on Friday, May 14 at 1501 Barnsdale Road between 8:30 AM – 6:30 PM or on race day, prior to 7:45 AM. at Forest Road School, 901 Forest Road.

PAYMENT Make check payable to Community Park District. 708-354-4580
Complete the lower portion of brochure, detach and return to:
Community Park District
1501 Barnsdale Road
LaGrange Park, Illinois 60526

T-SHIRTS TO FIRST 450 RUNNERS & WALKERS TO REGISTER

NOTE No dogs allowed. Strollers must start at the rear. Unclaimed race packets will be held for 10 days only. Raffle Drawing for registered runners and walkers only. (Must be present to win).

ALL PROCEEDS WILL BENEFIT THE PARK DISTRICT SCHOLARSHIP FUND

Forms must be filled out completely to be eligible for awards.

Name

Address

City State/Zip

Home phone Work phone

Sex M F Age (on race day):

I am competing as a Runner Walker

T-Shirt size S M L XL

Official Use Only

WAIVER: In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against the Village of LaGrange Park, Community Park District, or any of their employees, volunteer representatives or agents of these organizations, for any injury or illness which may directly or indirectly result from my participation in the 5,000 meter run and walk. I further state that I am in proper physical condition to participate in this event and that as of the date of the event, I shall be in the same condition or I will not participate in such event. I agree that none of the above parties are under any obligation to provide a physical examination or other evidence of my fitness to participate in the race, with this being my sole responsibility. I also give permission for the free use of my name and picture in any broadcast, telecast, or other written account of the event. In the case the entrant is a minor, the below signature of the minor's parent or legal guardian is mandatory as evidence of such parent's or legal guardian's waiver, certification and consent of the foregoing. Furthermore, I understand the inherent risks associated with running and walking, including the possibility of overexertion and dehydration and motor vehicles and uncontrolled pets on the race course.

Signature Applicant _____ Date _____