

**Central Illinois
Dietetic Association**

Celebrates
National Nutrition Month
with the
9th ANNUAL



CENTRAL ILLINOIS DIETETIC ASSOCIATION

5K RUN / WALK

March 25, 2006

at the Le Vieux Carre' Building
Corner of State & Water Street
On Peoria's Riverfront by the downtown post office
Peoria, IL

5K run/walk begins at 8:30 AM

Registration open 7:30 AM – 8:15 AM

\$10.00 Kids under 12.
\$17.00 Adults. Add \$3.00 late fee after March 10th.
Internet Registration: www.active.com

Checks payable to: CIDA
Mail to: CIDA, P.O. Box 6536, Peoria, IL 61601

Entry fee includes race packet, 100% cotton T-shirt*,
delicious food after the race and the chance to win one of
several door prizes.

*Late registration – no guarantee for t-shirt

**This race is part of the Illinois Valley
Striders Grand Prix Series and the Lake Run
Club Racing Circuit.**

The event will take place regardless of weather.

No refund of entry fees

What is CIDA

The Central Illinois Dietetic Association is an
advocate of the dietetic profession serving the
community through the promotion of optimal
nutrition, health and well-being. Members include

Registered Dietitians, Registered Dietetic
Technicians, and dietetic students of Central Illinois.
Members of CIDA strive to shape the food choices
and impact the nutritional status of the community.

Race Course

The start and finish line is on Water Street in front of
the Le Vieux Carre' Building. The race course will
incorporate Peoria's Riverfront Trail. Other course
details will be announced race day.

Post – Race Party

- Le Vieux Carre' Building
- Awards Presentation and Door Prizes
- Great Food

Awards

- Trophies will be awarded to the overall
men's and women's winners
- Top 3 winners in each age/weight division
for males and females will receive medals
- All participants are eligible for door prizes

Age Divisions

19 and under	20-24	25-29	30-34
35-39	40-44	45-49	50-54
55-59	60-64	65-69	70+

Clydesdale Division - Men over 200 lbs

Athena Division - Women over 145 lbs

Proceeds Benefit

Peoria Area Anti-Hunger Coalition

Thank you to our sponsors!

Cefcu, Core Construction, Hawkeye Foodservice
Distribution, Le Vieux Carre', Oak State Products,
Peoria Area Labor Management, Rizzi's, University
of Illinois Extension, Waugh Foods, Methodist,
Living Earth Farm, National City, Mischler Auto
Glass, and A5.com

Detach, sign & mail before March 10 to
CIDA

P.O. Box 6536
Peoria, IL 61601-6536

www.active.com

For additional registration forms:
Phone: (309) 685-3140

Make checks payable to **CIDA**.

Name: _____
Address: _____
City: _____ State: _____
Zip: _____
E-mail: _____

Age on race day: _____ Sex: M ___ F ___
() Clydesdale () Athena

Circle T-shirt Size: Adult S M L XL
XXL (add \$1.50) XXXL (add \$2.00)

Hoodies available at an additional cost:

Adult S M L XL (\$30.00)
2X (\$32.00) 3X (\$33.00)

Waiver: I understand that running or walking in a
run/walk is a potential hazardous activity. I should
not enter and run or walk unless I am medically able
and properly trained. I agree to abide to safely
complete the event. I assume all risks running /
walking in traffic. Having read this waiver and
knowing and in consideration of you accepting my
entry, I for myself and anyone entitled to act on my
behalf, waive and release the Central Illinois Dietetic
Association, Illinois Valley Striders, the City of
Peoria, Peoria Park District and all other sponsors,
their representatives and successors from all claims
and liabilities of any kind of arising out of my
participation in this event. I grant permission to all of
the foregoing to use any photographs, motion
pictures, recording, or any other record of this event
for any legitimate purpose.

Participant Signature: _____
(Parents signature if under 18 years of age)

Date: _____

