

- ✓ Complete, sign, and mail this form
- ✓ Enclose check payable to CIDA
- ✓ Mail before **March 19** to Marjorie Lafont, 4810 N. Sheridan, Peoria, IL 61614

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

e-mail: \_\_\_\_\_

Age on race day: \_\_\_\_\_ Sex: M F

**Check to compete in the following:**

- Clydesdale division – men over 200 lbs.
- Athena division – women over 145 lbs.
- Grand Prix

**Adult registration.....\$20.00**

**Youth registration.....\$10.00**

**Check your adult t-shirt size:**

- S  M  L  XL
- XXL  XXXL

**Optional hooded sweatshirt.....\$30.00**

- S  M  L  XL
- XXL  XXXL

**Amount Enclosed.....\$\_\_\_\_\_**

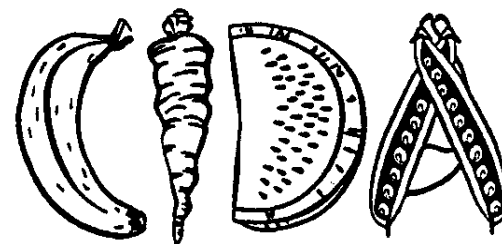
WAIVER: I understand that running or walking in a run/walk is a potential hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide to safely complete the event. I assume all risks running / walking in traffic. Having read this waiver and 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:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
*(Parent signature if under 18 years of age)*



*Celebrate National Nutrition Month with the*

**Central Illinois Dietetic Association (CIDA)**



**11<sup>th</sup> Annual  
 EAT 'EM UP!  
 5k Run/Walk**

March 29, 2008

Race begins at 8:30 a.m.

Le Vieux Carré Building  
*(at the corner of State & Water Street on Peoria's  
 Riverfront by the Downtown Post Office  
 Peoria, IL)*

For additional information or forms:  
 Phone (309) 685-3140

## Registration Details...

### Pre-Registration \$20

- Register on-line at **[www.active.com](http://www.active.com)**
- Or, register by mail using the attached registration form. Must be mailed by **March 19**
- The entry fee includes your race packet, 100% cotton long sleeved t-shirt, delicious food after the race, and the chance to win one of several door prizes.
- Hoodies are available for an additional cost.
- Youth registration fee is \$10

### Race Day Registration \$25

- You may register on the day of the race between 7:30 a.m. – 8:15 a.m.
- **All late registrations are not guaranteed a t-shirt, or specific t-shirt size!**

### Early Bird Bag Pickup

Beat the crowds and pick up your packet on Friday, March 28<sup>th</sup> from 4:30-7:30 p.m. at the Le Vieux Carré Lobby.

### Illinois Valley Striders

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

## Race Day...

Race Begins at 8:30 a.m.

### 5k Race Course

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

### Awards

- Prizes will be awarded to the first 3 runners to cross the finish line.
- The 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 & under	50 – 59
20 – 29	60 – 69
30 – 39	70 & up
40 – 49	

### Post Race Party!

- Le Vieux Carré Building
- Awards presentation & door prizes
- Great food provided by Rizzi's and Kelleher's

### Rain or Shine

The event will take place regardless of weather. No refund of entry fees.

## Fuel Behind our Sneakers...

### What is CIDA?

The Central Illinois Dietetic Association (CIDA) is an advocate of the dietetics 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 health of the community.

### Race Proceeds

The 2008 race proceeds will be donated to the Expanded Food and Nutrition Education Program (EFNEP)—a nutrition education program for limited income families and children. EFNEP teaches nutrition, food preparation, food safety, food buying, food storage and gardening to families and youth. EFNEP teaches pregnant teens and women, mothers of infants and toddlers, preschoolers' parents, preschool children, and school age children.

EFNEP is a part of the University of Illinois Extension program in Peoria County. Programs are conducted in homes, schools, agencies, community centers, homeless shelters and churches.

