



GRRC 5k Run /Walk and 1 mile Walk to Defeat ALS (Lou Gehrig's Disease)

SATURDAY MAY 2, 2009 9:00 am

**Location: LINCOLN PARK -Directly on Rt. 150/ North Henderson Street
½ mi. North of Galesburg.**

Registration and Packet Pick up: Registration begins 8:00 am at the shelter near playground equipment. Special ALS shirt with paid entry. The entry fee is \$20.00 and proceeds will go to support the St. Louis Regional Chapter of the ALS organization that serves over 200 families in Central Illinois fighting ALS. Send entry forms and fee to:

**ALS 5k Race %Teresa Thompson
530 Goodsill Drive
East Galesburg, IL 61430**

or REGISTER ONLINE at www.GetMeRegistered.com

COURSE DESCRIPTION: The race starts with a loop around Lincoln Park, proceeds down Lincoln Park Drive, entering Lincolnshire Subdivision and returns through park.

AWARDS: Medals will be given to top female/male 5k finishers 1st, 2nd, and 3rd: Age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and above.

Refreshments will be served following race. Sorry, no showers.

ADDITIONAL INFORMATION: Contact Teresa Thompson at tt13@grics.net or Glen Gustafson at gustafson@grics.net

Name: _____ **Age:** _____ **SEX** _____ **Phone:** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Birthdate: _____ **Email:** _____

Circle one: 5k Run/Walk or 1 mi walk Shirt size: M L XL

Waiver: IN CONSIDERATION OF ACCEPTANCE OF THIS ENTRY, I INTENDING TO BE LEGALLY BOUND, HERBY, FOR MYSELF, MY HEIRS, EXECUTORS, AND ADMINISTRATORS, WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGE I MAY HAVE AS A RESULT OF MY PARTICIPATION IN THIS EVEN. I RELEASE THE GALESBURG ROADRUNNERS CLUB, THE CITY OF GALESBURG, ALS ORGANIZATION AND ANY OFFICIALS ASSOCIATED WITH THIS EVENT.

SIGNATURE: _____ **Date:** _____

