

37TH ANNUAL LINCOLN-DOUGLAS RUN

Sponsored by Metamora High School's Letterman's Club

EIGHT MILE AND THREE MILE RUN
(walkers welcome in 3 mile run)

1/2 MILE FUN RUN
(Age 12 and under)

DATE: Saturday, June 27, 2009
(1/2 Mile Fun Run)

TIME: 7:30
TIME: 8:00

PLACE: Metamora, IL
PLACE: Metamora, IL

ENTRY FEE: \$12.00 If paid by June 24 - \$15.00 day of race

FACILITIES: Dressing and shower facilities will be provided at Metamora High School. Runners are to meet there for check-in at 6:30 to 7:15 a.m. (1/2 Mile Run Sign-up until 8:00.)

AGE GROUPS

3 MILE (MALE & FEMALE)			8 MILE		
			MEN		WOMEN
13-UNDER	30-34	50-54	18-UNDER	35-39	21-UNDER
14-16	35-39	55-59	19-24	40-44	22-30
17-19	40-44	60-64	25-29	45-49	31-40
20-24	45-49	65-OVER	30-34	50-54	41-50
25-29				55-59	50-OVER
				60-OVER	

** There will be 3 awards in each age group. The top male and female in each race will receive an individual overall trophy.

** T-shirts will be given to the first 200 entries for 3 or 8 mile runners.

Send to: Dean Zobrist
P.O. Box 1040
Metamora, IL 61548
work (309) 367-4400 or
home (309) 383-3049

Make checks payable to:
Metamora High School.

LINCOLN-DOUGLAS RUN ENTRY FORM

NAME _____ SEX _____ AGE _____

Indicate T-shirt size: small ___ medium ___ large ___ X-large ___ XX-large ___

GRAND PRIX PARTICIPANT ___ yes ___ no

ADDRESS _____ CITY _____ ZIP _____

RACE: 3 MILE ___ 8 MILE ___ 1/2 MILE ___

BIRTH DATE _____ PHONE _____

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE ALL CLAIMS OR DAMAGES AGAINST THE DIRECTORS OF THE RACE, WOODFORD COUNTY OLD SETTLERS ASSOCIATION, THE VILLAGE OF METAMORA, AND THE METAMORA TOWNSHIP HIGH SCHOOL LETTERMAN'S CLUB FOR INJURIES SUFFERED TO ME. I ALSO AFFIRM THAT I HAVE THE NECESSARY PHYSICAL EXAMINATION BY A PHYSICIAN TO QUALIFY ME CAPABLE TO COMPETE IN THIS EVENT.

Signature of runner

Signature of parent if runner is under 18 yrs.

Sponsors: MTCO, Zobrist-Schierer Insurance, IGA, Hallmark, Heartland Bank