

Chillicothe Optimist Club
River Run 2009
C. Martin
719 Taylor Dr
Chillicothe, IL 61523-1376

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Chillicothe Optimist 29th Annual River Run

REGISTRATION

29th Annual River Run for Wellness

On line registration: www.signmeupsports.com

I fully understand that my participation in the River Run and Walk for Wellness could result in serious injury or illness to me. I fully assume all risks and desire to participate without regard to those risks. I waive all claims I may have against the Optimist Club of Chillicothe, Proctor Hospital, or any other individual, firm or organization, resulting in whole or part from my participation in the River Run for Wellness. Further, I hereby grant full permission to any and all of the aforementioned to use any photographs, video tapes, motion pictures, recordings, or any other records of this event for legitimate purposes, including advertising and publicity. I further attest and certify that I am physically fit and have sufficiently trained for competition in the event I am entering. (Mail to : **C Martin - 719 Taylor Dr Chillicothe, IL - 61523-1376**)

Signed _____ Date: _____
(Parent or legal guardian required if under age 18)

Name: _____ Sex: M F Age: _____

Address _____ City _____ State _____ Zip _____

Phone (home) _____ (work) _____ E-Mail Address _____

Corporate Team Name _____ USATF Membership # _____

Grand Prix Participant: Yes Shirt size: S M L XL AXLE

Enclosed is my check for \$20.00 (Advanced) or \$22.00 (after May 10th). USATF members deduct \$2.00 from Fee.

All proceeds support Optimist Club Youth programs promoting health and wellness.

River Run For Wellness

Saturday-May 23, 2009

Chillicothe, IL

Sponsored by:



**Certified
Course**

USATF Course Certification #IL-99009-JW



**Sanctioned
Event**

USATF Sanction Illinois #02-046

USATF MEMBER DISCOUNTS

Any USATF member will receive a \$2.00 discount off of their entry fee.

RUNNING AWARDS

Awards will be given to the top three male and female runners in each category and overall male and female winners. The award categories are: 10 and under, 11-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, and 70+. All entrants are eligible for special drawings and the first 250 entrants will receive a race T-shirt. Runners will be fed fruit and sandwiches after run. Mail to C Martin

THE COURSE

The 5K (3.1 mile) course will be on paved streets in Chillicothe. The course begins and ends at the northeast corner of the DOWNTOWN CITY PARK on Second Street. Splits will be given at 1 and 2 miles. Water will be provided at mid-point and at the finish line. Comfort stations will be located nearby. The race will be electronically timed and the finish line will be coordinated by the Illinois Valley Striders.

REGISTRATION

The race starts at 8:00 A.M. Registration and check-in will take place from 6:30 to 7:45 a.m. at the Chillicothe fire station at 217 W Chestnut St, Chillicothe, IL. Entree entry fees are \$20.00 before May 10th. Late entries are \$22.00. Please make checks payable to The Optimist Club of Chillicothe.

COURSE RECORDS

Men	Scott Hoffman	15:35
Women	Stacy Turilli	18:45
Over 60	Larry McMasters	19:37



<http://chillioptimist.org>

The Chillicothe Optimist Club welcomes you to this year's event.
Contacts: Irv Latta 309-231-4532 or Eric Greskoviak 309-274-2181 or 309-231-1905