

The Chillicothe Optimist Club Welcomes You To The 30th Annual River Run/Walk For Wellness

SATURDAY, MAY 29TH, 2010

REGISTRATION OPTIMIST RIVER RUN/WALK

ONLINE 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: _____

(Parents or legal guardian required if under age 18)

Name: _____ Sex: M F Age: _____

Address: _____ City _____ State _____ Zip _____

Phone (home): _____ (work): _____

E-mail Address: _____ USATF Membership #: _____

Enclosed is my check for \$20

Veterans or Active Military - \$10

St. Jude Runners - \$15

Police, Firefighter or Rescue - \$15

12 and under fun runners/walkers – Free

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

Late entries after May 10th add \$2

1 Mile Fun Run/Walk participants will receive ribbons or a certificate

Make checks payable to: The Optimist Club of Chillicothe

Please Pre-register for accurate supply count!!!!

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

Grand Prix Participant: Yes Shirt Size: __S __M __L __XL __XXL __XXXL

_____ 5k Run _____ 1 Mile Fun Run/Walk*

All paid runners and walkers will receive a t-shirt. (Not guaranteed after May 15th)

The race starts at 8:00 am. Registration and check-in will take place from 6:30 to 7:45am at the Chillicothe Fire Station at 217 W. Chestnut St. Chillicothe, IL.

Eric Greskoviak: 309-274-2181 or 309-231-1905 cell

ericgreskoviak@yahoo.com

or Irv Latta 309-231-4532

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+.

Runners will be fed fruit, water and sandwiches after run.

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.

Course Records

Men	Scott Hoffman	15:35
Women	Emily Dewald	18:34
Men 60+	Larry McMasters	19:37
Women 60+	JoAnn Fraser	26:20

<http://chillioptimist.org>