

- ✓ Complete, sign, and mail this form
- ✓ Enclose check payable to CIDA
- ✓ Mail to: CIDA  
11 Fiddlestix Court  
Bloomington IL 61705  
before March 12

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 (19 & under) \$10.00

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

- S  M  L  XL
- XXL  XXXL
- (XXL & XXXL: \$3 Additional charge)

**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)



State Bank of Speer

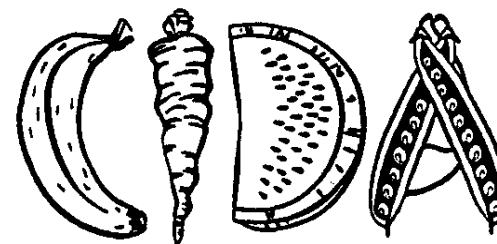


Le Vieux Carré Building



Celebrate National Nutrition Month with the

**Central Illinois Dietetic Association (CIDA)**



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

IPICO Chip Timing

March 27, 2010

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 ext.16

## Registration Details...

Pre-Registration \$20

- Register on-line at [www.active.com](http://www.active.com) by **March 12**
- Or, register by mail using the attached registration form. Must be mailed by **March 12**
- 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.
- Youth registration fee is \$10. (Age 19 and under)

Late & 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!

Early Bird Bag Pickup

Beat the crowds and pick up your packet Friday, March 26<sup>th</sup> from 4:30-6:30 p.m. at Running Central, 700 W. Main St.

**\*Note – New Pick-Up Location**

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 Carré Building. Race course will incorporate the Peoria Riverfront Trail. Other course details will be announced race day.

**IPICO Chip Timed Race**

Awards

- Prizes will be awarded to the first 3 runners to cross the finish line.
- The top 3 winners in each age division for males and females will receive medals.
- All participants are eligible for door prizes!

Age Divisions

14 & under	45 – 49
15 – 19	50 – 54
20 – 24	55 – 59
25 – 29	60 – 64
30 – 34	65 – 69
35 – 39	70 & up
40 – 44	

Post Race Party!

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

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. The race is our way of celebrating March – National Nutrition Month!

Race Proceeds

Proceeds from the 2010 CIDA race will be donated to

- \* Expanded Food and Nutrition Education Program of University of Illinois Extension (a nutrition education program for limited income families and children), Peoria.
- \* Cancer Center for Healthy Living in Peoria who provides nutrition counseling to cancer patients during treatment.