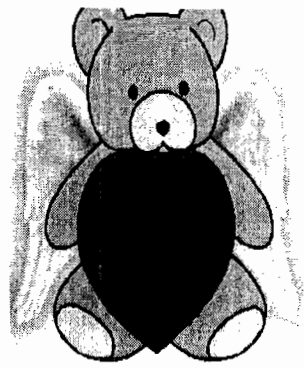


**Rock for Children
Foundation's**

Miles for Miracles



**Saturday, August 13th, 2005
11:00am Sharp
Rain or Shine**

5K Run/Walk

Race is followed by an All-you-Can-Eat Chili Lunch

Race Course: Race track at the Central School

Directions: Take interstate 80 to Ottawa exit #90, Route 23 go south. Follow into downtown to Main Street turn right. Follow 2 blocks to Knights

**Location: Knights of Columbus Hall
410 W Main Street, Ottawa, IL.**

behind the Knights of Columbus

Awards: Ribbons will be given to all participants.

Age Groups: 2-4 5-6 7-8 9-10

Entry Fee: Pre-registration \$20.00 Race Day \$25.00 *includes All-You-Can-Eat Chili Lunch*

T-Shirts guaranteed to all pre-registered applicants

Registration: Pre-Registration mail to Rock for Children Foundation, 1202 Columbus Street, Suite 213, Ottawa, IL 61350. By August 1st, 2005. Race day registration will begin at 7:30am—8:45am at the Knights of Columbus Hall.

For More Information call Linda Taglia 815-326-0814

Release & Waiver: By signing & participating in the Miles for Miracles 5K Run/Walk, you will be waiving & releasing all claims for injury you might sustain arising out of your participation in this event. "As a participating in the Miles for Miracles 5K Run/Walk, I recognize and acknowledge that there are certain risks of physical injury which I agree to assume the full risk of any injuries, damages or loss which I may sustain as a result of participating in any or all activities connected with or associated with the Miles for Miracles 5K Run/Walk. I on behalf of myself, my heirs and assigns agree to waive and relinquish all claims I may have as a result of my participation in the Miles for Miracles 5K Run/Walk against the Rock for Children Foundation and their officers, agents, directors, sponsors and volunteers from any and all claims or injuries from damages and losses sustained by me and arising out of in connections with, or in any way associated with the activities of the Miles for Miracles 5K Run/Walk." The Rock for Children Foundation deserves the right to use photographs, video tapes, motions pictures, recordings, and any other records of my participation in this event for the legitimate purposes or publicity purposes for the foundation." I have read and fully understand the above Miles for Miracles 5K Run/Walk program details and waiver release all claims.

Name: _____ Age: _____ Date of Birth: _____

Address: _____ City: _____ State: _____

Zip: _____

Sex: M _____ F _____ Telephone: _____

School: _____ Grade: _____

T-Shirt Size: Adult Sizes (circle one) S M L XL Circle One: Runner or Walker

Chili Lunch Only \$6.00 per person: # _____ Add'l T-Shirt \$15.00 Total Amount

\$ _____

_____ Unable to attend, please accept my donation

Signature: _____ Date: _____ (parents signature needed if under 18)

**Mail to Rock for Children Foundation 1202 Columbus Street, Suite 213, Ottawa, IL 61350
by August 1st, 2005**