



Big Hill—Big Chill Run 2019

Saturday, Jan. 19, 10:00 a.m.

3-mile fun run with only one hill!

The Illinois Valley Striders proudly brings back this fun run for 2019. During the height of the chilly season, bring on the big hill! Bring your family, friends, children, dogs, etc., and run, walk, stagger or crawl for this "one hill of a course!" The course will begin and end at Kuchie's On the Water. No awards, no chip timing, just us crazy runners getting together to have a good time.

COST: \$10 per person includes run/walk and post race party - 2 drink tickets

WHERE: Kuchie's On the Water, 579 Wesley Rd., Creve Coeur (turn west on Wesley Rd, approx. 1.5 miles)

RUN DAY REGISTRATION: Saturday, Jan. 19, 9-9:45 a.m.

POST RACE PARTY: 11 a.m., Kuchie's on the Water—Beer, soda, chili and the best corn fritters in the area!

Mail completed registrations along with payment by Wednesday, January 16th (make check payable to: IVS or cash) to: Sue Miller, 907 W Crestwood Dr., Apt 201, Peoria IL 61614

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PRINT LAST NAME: _____ FIRST _____

ADDRESS: _____ PHONE: _____

AGE (As of 1-19-19) _____ EMAIL: _____

RELEASE AND WAIVER: For and in consideration of my participation in the IVS Big Hill-Big Chill, I hereby for myself, my heirs, administrators and assigns, release and discharge all volunteers, the Village of Creve Coeur, Rivers Edge Enterprises, Inc., Toledo, Peoria & Western Railway Corp, and Illinois Valley Striders, and all sponsors from claims, demands, liabilities, loss, damage and causes of action of any sort, including attorneys fees, for injuries sustained to my person and/or property incurred by reason of my participation or preparation for the above said event due to negligence or any other fault. I certify that my participation in this event is free and voluntary. I know that running road race is potentially hazardous activity. I know that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of the race official to my ability to safely complete the run/walk. I have read and understand the forgoing Release and Waiver.

X _____ DATE: _____

Participants signature (if under the age of 18, parent or guardian signature)