

# The Lake Run Club Presents



## Dog Days 5k Run



Saturday Evening, July 11<sup>th</sup>, 2009, 6:00 p.m.  
(Rain or Shine)

Course: Portion of Lake Bloomington's inner-loop (start and finish near Green Gables)

Splits at miles 1 and 2

2 water stops

Asphalt roads – use caution



Awards to the overall male and female winners, and to the top three male and female finishers in the following age divisions:

14 & under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 & over

Entry fees:	\$18.00 postmarked before July 5
	\$ 25.00 after July 5
	\$15.00 if you do not want a shirt

### No discounts after July 5

- ◆ \$2 discount to LRC members and Starved Rock Runners
- ◆ Doggone nice technical shirts to the first 200 pre-registered
- ◆ NO REFUNDS
- ◆ Packet pick-up Friday, July 10 @ Often Running 5:00p.m. – 7:00 p.m. and Race Day

***This course is not closed to traffic; no headsets will be allowed during the race.***



Check-in: Race day, 4:30 – 5:45 p.m. near Green Gables

Questions: Mitch Hobbs, Race Director: 309-452-7749

Make checks payable to: Lake Run Club

Mail check and form to: Often Running, 206 S. Linden St., Normal, IL 61761

The Lake Run Club welcomes disabled racers; we will follow the guidelines established by RRCA. You can view the guidelines at: <http://www.rrca.org/resources/managment/roadraceguide.pdf>.

We encourage participants needing special consideration to pre-register and contact the race director prior to the event.

Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Male  Female  Shirt Size: S  M  L  XL  XXL(on

7/11/09)

In consideration of the foregoing, I for myself, my executors, administrators and assignees, do hereby release and discharge the Lake Run Club and any other sponsors and supporters of this race from all claims and damages, demands, actions, whatsoever in any manner arising or growing out of my participation in the Dog Days 5-K Run. I attest and verify that I have full knowledge or risk involved in this event and I am physically fit and trained to participate in this event and agree to abide by the rules of this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or guardian. if under 18 years of age)