

2009 Evergreen Lake 5K Run & Kid's ½ Mile Fun Run

Lake Run Club Sponsored Race – Circuit Race #13
Saturday August 8th Shotgun start: 8:00 a.m.

Presented by:
The Lake Run Club benefiting McLean County Parks & Recreation

Accurate 5K (3.1 mile) course on paved roads near beautiful Evergreen Lake @ COMLARA Park near Hudson, Illinois.

Age Divisions for Awards:

Women: 0-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, & 60 and over.

Men: 0-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over.

- Overall winners are excluded from age group awards.
- Fun Run is non-competitive and all participants receive prizes.

Registration: Race day 7:00 - 7:45am at the boat ramp. **Please arrive early!!**

Entry Fees: \$18 for 5K if postmarked by Saturday July 25th
\$20 for 5K on Race Day or if postmarked after Saturday, July 25th
\$3 for Fun Run

\$2 discount for Lake Run Club Members for 5K race

First 200 entrants for 5K race receive a Custom Designed Dry Release T-shirt
First 200 entrants receive a race day goodie bag

Special Awards for 100th and 200th Finisher

Questions: Randy Ehlers 309.827.8084 or Lisa Ehlers 309.824.1250 Or
www.lakerunclub.org

-----2009 Evergreen Lake 5k Run & Kid's Fun Run Entry Form-----

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Circle one: 5K Fun Run Age on 8.08.09: _____ DOB: _____

LRC member Y N ___Male ___Female T-shirt size (circle): S M L XL XXL

For the safety of all participants, please **No dogs, strollers, or headsets!!**

In consideration of the foregoing, I for myself, my executors, administrators and assignees, do hereby release and discharge the Lake Run Club, McLean County Parks and Recreation Department, and other sponsors and supporters for all claims and damages, demands, actions and whatever in any manner arising out of my participation in the Evergreen Lake Run or Walk. I attest and verify that I have full knowledge of risk involved in this event and I am physically fit and trained to participate in this event and abide by the rules of this race.

Signature (parent if under 18) _____ Date: _____

Mail Payment and Form to:
Randy Ehlers 500 Amherst Normal, IL 61761
Make checks payable to: LRC