



# LAKE RUN CLUB & VFW POST 454

present the

## ST. PATRICK'S DAY RUN

With Thanks to WJBC AM1230, Reads Sporting Goods, Schooners and Grove St. Bakery

*5K Race and Fitness 1 Mile Walk  
Sunday, March 15, 2009 1:00 p.m.*

Accurate 5k course on Bloomington city streets



### ENTRY FEES (non-refundable)

\$18 if Postmarked by March 8th

\$2 Discount for Lake Run Club Members

\$20 if Postmarked after March 8th

Custom designed shirts to the first 400 entrants

### REGISTRATION

Race Day 10:00 a.m. to 12:30 p.m. at the Bloomington VFW Post 454.  
1006 E. Lincoln (West of Lakeside C.C., Rt. 150 S.)

### AGE DIVISIONS

Male & Female: 18 & Under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54; Female: 55-59, 60-over; Male: 55-59, 60-64, 65-over  
Early packet pick-up - 2:00-5:00 p.m. Sat., March 14th - Read's Sporting Goods

**POST RACE: LIVE MUSIC** from the Chestney's from 1:30 to ??

*Proceeds will be donated to*

**Central IL Leathernecks, VFW Mens Auxiliary and Humane Society of Central Illinois.**

Sorry - for the safety of all participants - No Dogs, No Strollers, No headsets

For more information call Bill Read (work) 309 663-0355

## ST PATRICK'S DAY ENTRY FORM

Name \_\_\_\_\_ Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone Number \_\_\_\_\_

Age on March 15, 2009 \_\_\_\_\_ Birth Date \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ LRC Member?

T-shirt size: \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_ XX-Large Walker \_\_\_\_\_

In consideration of the foregoing, I for myself, my executors, administrators and assignees, do hereby release and discharge the Thursday Night Lake Run Club, VFW Post 454, and all other sponsors and supporters for all claims and damages, demands, actions, whatever in any manner arising or growing out of my participation in the St. Patrick's Day Run. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and trained to participate in this event.

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

(Parent if under 18)

Make Payment to: Lake Run Club

Mail to: V.F.W. Post 454, 1006 E. Lincoln, Bloomington, IL 61701