

LAKE RUN 2010

Saturday, May 1, 2010
9:00 a.m. at Lake Bloomington

Partial proceeds from Lake Run 2010 will benefit Bloomington Kiwanis

RACE DESCRIPTIONS

The Lake - Certified 12K (7.44 miles) on paved roads around beautiful Lake Bloomington (USATF #IL-98024-JW)

The Loop - Certified 4.37 miles (1/6th marathon) on the scenic inner loop of the Lake (USATF #IL-98023-JW)

The Walk - 3 mile, non-competitive walk

CIRCUIT RACE

Circuit Race for Lake Run Club, Starved Rock Runners, Illinois Valley Striders (IVS), and Springfield Road Runners.

ENTRY FEES (non-refundable)

\$20.00 if postmarked by April 12, 2010

\$25.00 after April 12, 2010

\$2 DISCOUNT for **Lake Run Club** Members

\$1 DISCOUNT for **Illinois Valley Striders (IVS), Springfield Road Runners Club & Starved Rock** Members

REGISTRATION/PACKET PICK-UP

Pre-register: Anytime by mail or at Often Running at 206 S. Linden, Normal.

Early packet pickup and registration **Friday, April 30, 2010 at 4 - 8 pm at**

Often Running. Race day registration and packet pick up: 7 - 8 am.

On-line registration available at www.active.com.

The Lake Run welcomes disabled racers we will follow the guidelines established by RRCA. You can locate the guidelines at www.rca.org/resources/management/roadraceguide.pdf. We do encourage any participant needing any consideration to pre-register and contact the race director regarding specific accommodations.

DIVISIONS AND AWARDS

Awards to: Overall male and female, overall Male and female masters and top three in each of the following divisions*

Men's age divisions for both races:

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

Foot Pounder 220lbs and up - Foot Pounder Light 190-219lbs

Women's age divisions for both races:

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

Foot Pounder 150lbs and up

* Overall winners will be excluded from group awards.

POST-RACE PARTY!

Join us for the friendliest post-race party in McLean County! Plenty of food, soda, and FREE beer! Lots of door prizes will be given away, including a grand prize Mountain Bike from Vitesse Cycle Shop in Normal, Illinois. But... **YOU MUST BE PRESENT TO WIN!**

Call the Race Director: **Tim Rood** at **309-451-3309** with questions

OR E-mail at: **t.rood262@yahoo.com**

29th Annual Lake Run Entry Form for 2010

Must be filled out completely to be processed. Printable application and on-line entry available at www.lakerunclub.org

LAST NAME		FIRST NAME	
ADDRESS		CITY	STATE
		ZIP CODE	
PHONE (include Area Code)	SEX <input type="checkbox"/> Female <input type="checkbox"/> Male	AGE ON May 1, 2010	E-MAIL ADDRESS (optional)
BIRTH DATE (month/day/year)		T-SHIRT SIZE <input type="checkbox"/> SMALL <input type="checkbox"/> MEDIUM <input type="checkbox"/> LARGE <input type="checkbox"/> XL <input type="checkbox"/> XXL (t-shirts to first 1,100 runners. no guarantee for same day registration)	

I wish to enter:

- 12K Race
 12K Foot Pounder (men and women)
 12K Foot Pounder Light (men only)
 3 Mile Walk
 4.37 Mile Race
 4.37 Mile Foot Pounder (men and women)
 4.37 Mile Foot Pounder Light (men only)

I am a member of:

- Lake Run Club
 Illinois Valley Striders
 Starved Rock Runners
 Springfield Road Runner

Entry Fees (non-refundable)

\$20.00 if postmarked by April 12, 2010 = \$ _____
 \$25.00 postmarked after April 12, 2010 = \$ _____
 \$2 DISCOUNT for Lake Run Club Members = \$ _____
 \$1 DISCOUNT for IVS, Starved Rock and SRRC = \$ _____
Total of Entry: = \$ _____

Make payment to: Lake Run Club (please send checks or money orders)

Mail to: Tim Rood, 603 Ironwood, Normal, Illinois 61761

For consideration of the foregoing, I for myself, my executors, administrators and assignees, do hereby release and discharge the Lake Run Club, Bloomington Kiwanis, Bloomington Parks and Recreation, City of Bloomington, McLean County, Hudson Township and other sponsors and supporters for all claims and damages, demands, actions, whatever in any manner arising or growing out of my participation in the Lake Run. 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. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature _____ Date _____

(Parent if under 18)