

LAKE RUN 2011

Saturday, May 7, 2011
9:00 a.m. at Lake Bloomington

Partial proceeds from Lake Run 2011 will benefit Local Charities

30th Annual Race!

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), DRC and Springfield Road Runners

Entry Fees (non-refundable)

\$22.00 if postmarked by April 15, 2011

\$25.00 after April 15, 2011

\$30.00 Race Day

\$2 Discount for Lake Run club Members

\$1 Discount for Illinois Valley striders (IVS), 2nd Wind, SRRC, DRC

Registration/packet pick-up

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

Early packet pickup and registration **Friday, May 6, 2011 at 4 - 8 pm at Often Running**

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

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

The Lake Run welcomes disabled racers! We will follow the guidelines established by RRCA. You can locate the guidelines at www.rrca.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.

• 30th overall in Lake and Loop Courses

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: **Tod Williamson** at **309-825-1162** with questions or E-mail at: **wmsonmx@gmail.com**

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 7, 2011	E-MAIL ADDRESS
		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)	

BIRTH DATE (month/day/year) ___/___/___

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
- 2nd Wind Running club
- Decatur Running Club

Entry Fees (non-refundable)

\$22.00 if postmarked by April 15, 2011 = \$ _____

\$25.00 postmarked after April 15, 2011 = \$ _____

\$2 DISCOUNT for Lake Run Club Members = \$ _____

\$1 DISCOUNT for IVS, Starved Rock, SRRC, 2nd wind, DRC..... = \$ _____

\$30.00 Race Day Registration..... = \$ _____

Total of entry: = \$ _____

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

Mail to: Tod Williamson, 602 N Washington, Hudson IL 61748

For consideration of the foregoing, I for myself, my executors, administrators and assignees, do hereby release and discharge the Lake Run Club, Race Director, Charities, 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: _____ Under 18 Years Parent/Guardian Signature: _____
