

The Lake Run Club Presents:

# DOG DAYS 5K

Saturday Evening, July 13th, 2019 @ 6 PM

**RAIN OR SHINE**

## **A STARVED ROCK CIRCUIT RACE**

=====  
Course: A portion of Lake Bloomington's Inner-Loop with a start and finish next to Green Gables Splits given at miles 1 and 2

2 Water Stops

Asphalt Roads-Use Caution

Awards given to the overall male and female winners, and to the top three finishers, male and female, in each of the following age groups:

8 & Under; 9-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-70; 71 and Over

Entry Fees:

-\$20.00 if postmarked before July 7th

-\$28.00 after July 7th

-\$18.00 if you do not want a shirt

**NO DISCOUNTS after July 7th and NO RACE DAY DISCOUNTS**

**-\$2 discount to LRC members and Starved Rock Runners**

-Doggone nice technical shirts to the first 140 that are pre-registered

**-NO REFUNDS AND NO TRANSFERS**

**-Packet pick-up is Friday, July 12th @ Often Running from 5:30 pm-6:30 pm**

**NEW THIS YEAR: ONLINE REGISTRATION at [www.itsracetime.com](http://www.itsracetime.com)**

THIS COURSE IS NOT CLOSED TO TRAFFIC;

NO HEADSETS OR STROLLERS WILL BE ALLOWED DURING THE RACE Check-in on race day (July 13th) occurs from 4:30 pm-5:45 pm near Green Gables Questions can be addressed to Mitch Hobbs, Race Director: 309-452-

7749, [shoeguy@hotmail.com](mailto:shoeguy@hotmail.com)

Make checks payable to: Lake Run Club

Payments can be mailed or turned in at Often Running, 206 S. Linden St Normal, IL 61761

No credit or debit payments accepted, except for online registration

### **The Lake Run Club welcomes racers with disabilities!**

We encourage participants needing special assistance to pre-register and contact the race director, Mitch Hobbs

=====  
Name of Participant: \_\_\_\_\_ Phone: \_\_\_\_\_

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

Zip: \_\_\_\_\_ Date of Birth : \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Gender: \_\_\_\_\_ Shirt Size (Circle Size):

Mens: Small Medium Large XL XXL Womens: XS Small Medium Large XL

*In consideration of the foregoing, I for myself, my executors, administrators, and assignees, do hereby release and discharge the Lake Run Club, Starved Rock Runners, Often Running/Vitesse Cycle, and any/all other sponsors and supporters for all claims and damages, demands, actions, and whatever in any manner arising out of my participation in the Dog Days 5K Run. I attest and verify that I have full knowledge of risk involved in this events and I am physically fit and trained to participate in this event and abide by the rules of this race.*

Signature (legal guardian if under 18): \_\_\_\_\_ Date: \_\_\_\_\_