

Nancy Jo Olds-Bohm

5 K FUN RUN / WALK

1-Mile Memory Walk and Kid's Fun Run



"she was a hula girl at heart"

**Memorial Park
Wyanet, IL**

**July 10, 2010
8:00AM**

Race Features

- Certified 3.1 miles, Splits at miles 1 and 2
- Electronically timed, finish time available at conclusion of race
- Flat, fast course with a few gentle hills and looped through city streets, water stops at miles 1 & 2
- Roads closed for a limited amount of time
- T-shirts for all participants, will be mailed to late registrants if unavailable day of race
- Memory walkers will finish separately from 5K walkers/runners

Check, Entry & Start Times:

- 7:00am-7:45am Registration
- **8:00am: 5K & Memory Walk Start**
- Kids' Fun Run to follow app. 9:30am
- Run/Walk starts and ends at Wyanet Memorial Park

Contact Information:

- Call Karen Russell (815) 699-2474, Margaret DeVenney (815) 454-9602 or email oldsbohm5k@yahoo.com

RACE PROCEEDS: All proceeds will go to

The Home of Hope, cancer wellness center and the Wyanet Community Club (see reverse of form for more info.)

Entry Fees:

- Pre-Registration before July 1, 2010
5k Run & 5k Walk--\$15.00
1-mile Memory walk--\$15 Kids Fun Run--\$5.00
- After July 1, 2009
5k Run & 5k Walk--\$20.00
1-mile Memory walk--\$20.00 Kids Fun Run--\$5.00

- No Refunds

Regulations:

- No race packets will be mailed
- No bandits or wheeled vehicles allowed on course
- No dogs allowed on the course

5K Race Awards:

- Trophies to **overall male and female 5K participants**
- Trophies to **top Wyanet male & female 5K participants**
- Awards **top 5K participants** finishing in each of the following age groups:
13 & under 25-29 40-44 55-59 70 & over
14-19 30-34 45-49 60-64
20-24 35-39 50-54 65-69
- Memory walkers will walk in honor of Nancy Jo, no awards will be given.

*****Refreshments available before, during and after races.**

Participants and spectators are invited to browse the variety of vendors displaying their products as well as purchase raffle tickets for items that will be drawn following the 5K race. SEE REVERSE FOR MORE DETAILS!

-----PLEASE PRINT-----

Name _____ Address _____

City _____ State _____ Zip _____ Email _____

Phone (_____) _____ - _____ Age as of July 10, 2010 _____ Date of Birth ____/____/____

____ Male ____ Female I will participate in (circle one) 5K 1-mile memory walk Kid's run

I am unable to attend but would like to make a donation toward the NJOlds-Bohm5K in the amount of _____ *Thank you!*

T-Shirts: (Circle one) Adult sizes S M L XL XXL Youth Sizes S M L

I know that running, walking, or volunteering to work in the Nancy Jo Olds-Bohm 5K Fun Run/Walk is a potentially hazardous activity. I should not enter and run or walk in this race unless I am medically able and properly trained. I agree to abide by any decisions made by any race official, relative to my ability to safely complete the run/walk. I assume all risks associated with running, walking or volunteering to work in the Nancy Jo Olds-Bohm 5K Fun Run/Walk, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Nancy Jo Olds-Bohm 5K Fun Run/Walk officials the Starved Rock Runners, Ltd., Village of Wyanet and all sponsors, their representatives and successors, from all claims or liability that may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date: _____ Official Use Only: BIB# _____

(Parent or Guardian if under 18 years of age)

Checks payable to: Nancy Jo Olds-Bohm 5K Fun Run/Walk Mail to: Karen Russell P.O. Box 255 Wyanet, IL 61379

The Nancy Jo Olds-Bohm 5K Fun Run/Walk has been established in memory of our dear friend, mother, sister, daughter and wife who lost her battle with breast cancer on May 6, 2007.

Even when Nancy Jo was away at Illinois State University or during her few years in Chicagoland, her heart was always at home in Bureau County and especially Wyanet. This memorial 5K fun run/walk has been organized to keep Nancy Jo's memory alive while raising funds to support organizations that are vital to the area.

Nancy Jo was very active with the Wyanet Community Club, an organization that provides assistance and events in the Village of Wyanet. Their activities range from the purchase and maintenance of the park equipment to hosting various events for youth to senior citizens. They are also the primary benefactors of the annual Wyanet Summer Festival.

During Nancy Jo's illness she found solace at the Home of Hope, a cancer wellness center headquartered in Dixon, Illinois. The Home of Hope is an organization that offers support services free of charge to all of those who have been affected by cancer.

This year's events consist of a 5K walk and run, a one-mile memory walk, a kid's fun run, a raffle and vendor show, which will provide proceeds that will benefit the Wyanet Community Club and the Home of Hope.

From all of us on the committee for the Nancy Jo Olds-Bohm 5K Fun Run/Walk, we would like to thank you in advance for your participation and support!

Your race committee:

*Karen Russell, Race Director Lori Graham
Margaret DeVenney Julie Farraher*

**COME DOWN TO THE PARK ENJOY THE
VENDOR EXPO AND RAFFLE FROM 8-11:00AM
(before, during and after the 5K)**

**Everyone is invited to browse and purchase item's available from a
variety of vendors.**

**COME AND SEE WHAT GREAT ITEMS YOU COULD WIN
THIS YEAR!!**

"She was a hula girl at heart."

Jimmy Buffet