

\*\*\*\*\*5TH ANNUAL\*\*\*\*\*  
 \*\*\*\*\*PROPHETSTOWN STATE PARK 5K CROSS COUNTRY RUN/WALK\*\*\*\*\*  
 JR. HIGH & YOUTH 1 MILE CROSS COUNTRY RUN  
 \*\*\*\*\*Saturday AUGUST 28, 2010 8:00 A.M. 5K \*\*\*\*\* 9:00 A.M. 1 MILE  
 SPONSORED BY: ERIE /PROPHETSTOWN LOCAL MERCHANTS  
 Prophets town/Lyndon Chamber of Commerce; Prophets town FCA  
 \*\*\*\*\*PROCEEDS TO HELP SUPPORT ERIE-PROPHETSTOWN\*\*\*\*\*  
 JR. HIGH AND HIGH SCHOOL CROSS COUNTRY PROGRAM  
 \*\*\*\*\*ROCK RIVER ROAD RUNNERS CIRCUIT RACE NO. 15\*\*\*\*\*

LOCATION: Start and finish in the picnic area of Prophets town State Park.

COURSE: EUROPEAN STYLE CROSS COUNTRY 5K : run on 95% grass and trails  
 through-out the picnic and camping area of park.

REGISTRATION:

PRE-REGISTRATION: Postmarked by, AUGUST 23, 2009 is \$18.00 for 5K  
 Postmarked AFTER AUGUST 23 and RACE DAY is \$20.00 for 5K  
 Race day registration from 6:30 to 7:45 for 5K til 8:45 for 1 Mi. at park pavilion  
 \*\*\*\*\* Students fee is \$12.00 for 5k run Pre-registered or race day\*\*\*\*\*  
 \*\*\*\*\* JR. HIGH & Youth 1 Mile Cross Country Run is \$10.00 Pre-registered or race day  
 \*\*\*\*\* ROCK RIVER ROAD RUNNER MEMBERS \$2.00 discount pre-registered \*\*\*\*\*  
 \*\*\*\*\*DOOR PRIZES\*\*\*\*\*DOOR PRIZES\*\*\*\*\*DOOR PRIZES\*\*\*\*\*DOOR PRIZES \*\*\*\*\*  
 \*\*\*\*\*NO REFUNDS, NO RACE PACKETS WILL BE MAILED, RACE WILL BE  
 RUN RAIN OR SHINE, IN CASE OF INCLEMENT WEATHER, THANK YOU  
 FOR YOUR DONATION.  
 \*\*\*\*\* TIMERS at 1st and 2nd MILE MARKERS  
 \*\*\*\*\* T-SHIRTS TO THE FIRST 75 REGISTERED RUNNERS/WALKERS  
 RACE DAY SHIRTS BASED ON AVAILABILITY  
 \*\*\*\*\* REFRESHMENTS AT PARK PAVILION AFTER EVENT FOR ALL  
 RUNNERS AND WALKERS  
 \*\*\*\*\* PACKET PICK UP AT PARK PAVILION RACE DAY

\*\*\*\*\*AWARDS\*\*\*\*\*

1st OVERALL MALE AND FEMALE; 5K  
 1st OVERALL MASTER MALE AND FEMALE; 5K  
 Age Group Awards: Male and Female

	5k Run		1 MILE RUN
10 UNDER	2 Awards	30-39	5 Awards
11-14	3 Awards	40-49	5 Awards
15-19	3 Awards	50-59	5 Awards
20-29	3 Awards	60+	3 Awards

\*\*\*\*\*MORE AWARDS DETERMINED  
 BY EARLY REGISTRATION\*\*\*\*\*

CONTACT INFORMATION: Phone 815-590-6682; e-mail t.shipp@mchsl.com  
 MAKE CHECKS PAYABLE TO AND MAIL TO: 5K CROSS COUNTRY RUN,  
 610 LOCUST ST. PROPHETSTOWN, IL 61277

Registration Form

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Sex: M F Shirt Size: YM S M L XL  
 RRRR Member \$2.00 DISCOUNT 5K: yes no  
 Circle one: 5K 1 Mile Youth Run

Waiver and Release of Liability

In consideration of this entry being accepted, I, intending to be legally bound, hereby  
 for myself, my heirs, executors, administrators, waive and release any and all rights  
 I may have against the organization holding this event, its agents, representatives,  
 successors, sponsors, IDNR, Prophets town State Park, ERIE/PROPHETSTOWN  
 Schools, E/P Cross Country Team, Coaches, Prophets town FCA, and assigns for  
 any and all injuries suffered by me at said event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
 (Parents or guardian signature required if under 18)