

11TH ANNUAL RAGING ROAD RALLY 5K

Proceeds to benefit the American Cancer Society

One Mile Fitness Walk and Kid's Fun Run, too!



June 25, 2010
6:45 p.m. Lanark, IL

PRIZES

Special recognition for overall winner and masters' winners. Also, **local** overall and masters' winners. 3 medals in each age bracket for men and women: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 and over. (2 medals)

Other Details:

Registration: Begins at 5:15 p.m.,

On The Move Fitness Center

Awards: 8:00, Lanark City Park

*Annual Syl Mueller Memorial Kids' Fun Run - no cost, includes goodie bag.

*Kids' run start time: 6:30 p.m. -under 8 years of age

*Run/ walk regardless of weather. If cancelled due to extreme weather, thank you for your donation to American Cancer Society.

*Register early for door prizes and guaranteed shirts.

*Free entrance to Friday night's beer garden and entertainment to entrants age 21 and older.

*Enjoy post race refreshments.

* Statistics and photos from previous years' races, as well as Lanark's Say No To Snow winter race.

* Special Memory Board. Run/Walk in honor/memory of someone special. See below.

Registration: (one entrant per form)

Name: _____

Address: _____

City/state/zip _____

Age (June 25): _____ sex: _____

Phone: _____

Fee: \$15 before June 25, \$20 Day of race, \$1.00 off to RRRR Running Club members. Make checks payable to Raging Road Rally.

T-shirt size: **circle one**

Adult: S M L XL XXL
(add \$2 extra)

Waiver: I hereby signify that I understand that the beneficiary, sponsors, and the city where I run, and all other organizations and persons connected with the event are not to be held responsible for any injuries which I may suffer while taking part in this event or as a result thereof. I hereby waive any claim of damages to my person or property. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

Name (parental signature if under 18) date

Mail lower part of flyer (form) and money to:

Le Hartman

703 13th Ave.

Sterling, IL 61081

(or drop box at Exchange State Bank)

Proceeds to benefit The American Cancer Society.
Walk/run in honor or memory of someone special:

Name: _____
(to appear on special memory board)