

PROPHETSTOWN RUN AROUND 5K

ONE MILE FUN RUN FOR KIDS

Date: July 3rd, 2008

Time: 7:00 p.m. Fun Run-5K to follow

Pre-register by: July 2nd, 2008



Notice the new day this year, due to Prophetstown's large 4th of July celebration, we wanted to add to the festivities. "Thanks" to all of our great sponsors who help offset the costs each year of putting on the race and our great volunteers who make the race run smoothly!

Proceeds will benefit the youth programs at the Park District as well as the Prophetstown High School Volleyball Program.

Race day schedule:

All races start and finish on Riverside Drive in front of the Park District. Awards given as soon as possible after 5K race is completed.

Race Day Registration-Taken All Day at Park District Packet Pick-Up for Pre-Registered Participants 4:00 p.m. to 9:00 p.m. July 2nd or All Day July 3rd

Prophetstown 4th of July Activities

**Streetscape on July 3rd—Paint a Square on Riverside Drive
3 on 3 Tourney on the 4th
Fireworks**

Entry Fees:

5K

\$16.00 for Pre-Registered Runners

\$20.00 for Day of Race

Fun Run

\$8.00 for Pre-Registered Runners

\$10.00 Day of Race

AWARDS

Mile Fun Run Divisions Girl/Boy

8 Under

9-10

11-12

2 Medals for Each Age Group, Participation Ribbons for All

Age Divisions Female/Male 5K

14 Under

40-49

Trophy to Overall

15-19

50-59

Female and Male

20-29

60 and Over

3 Medals in Each

30-39

Age Bracket

Course and Race Details: Course winds throughout town, partial run on gravel through state park, last mile takes you up the park hill and along the Rock River on Riverside Drive. 2 water stations, time splits and Mile 1 and 2, traffic control. Post race party with refreshments and food in grass by the tennis courts. Restrooms, showers and swimming available in the Park District. T-Shirt size preference to pre-registered participants. Drawings for door prizes awarded while waiting for race awards. Restrictions: No animals or rollerblades; strollers to the back of the race line.

**Forms May Be Sent or Dropped Off at:
Prophetstown Park District
P.O. Box 93
410 Riverside Drive
Prophetstown, IL 61277**

Name _____

Address _____

Phone _____

Please Circle Race Choice:

FUN RUN

5K

Sex _____

Age on race day _____

T-Shirt Size: YM YL AS AM AL AXL

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. I understand the danger of personal or death that may result from participating in the run including but not limited to falling, tripping collapsing and dehydrating. I assume any and all risk that is anyway associated with, related to, or occurs as a result of my (and if applicable, my child's) participation in the run.

Signature (of parent or guardian if under 18 years of age.)

Date