



Register online at www.rockfordhabitat.org

24th Annual "Army" Johnson Classic 10 Mile & 5K Run



\$\$\$
New this year-
\$250.00 if you
set a new
course record!
\$\$\$

When: Saturday, April 4, 2009
Where: Harlem High School, 9229 N. Alpine Rd,
Machesney Park, IL (1/2 mile south of
Rt. 173 & Alpine Road intersection)
Time: 10 Mile at 8:30 a.m. (7:30 start for walkers)
5K at 8:40 a.m.
Course: Follow Willow Creek Path into Rock Cut State Park.
Return to school.
Entry Fee: \$22 for pre-entry on or before April 3
\$30 Day of the race for all
\$10 High school & younger (\$1 off for RRR)

*Shirts to
first 250
entrants*

GRAND DOOR PRIZE - Airfare for two on Southwest Airlines!

Fly to your next Race! All registered participants are entered in drawing.
No need to complete the race or be present to win.

*NEW Packet
Pick-up Location*

- **Registration & packet pickup: 10 a.m. – 6 p.m.** on April 3 at *Habitat ReStore, 1020 W. Riverside Blvd, Rockford* or Race Day at Harlem High School gym, 7:00 a.m. – 8:00 a.m.
- Splits and water available on the course. USATF certified course
- Age Division Awards for Male and Female.
 - 5K youth: 0-9, 10-14, 15-19
 - Both races: 0-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+
- Race Director: Tonya Thayer, 815-636-4573
- **Online Registration Powered by Active.com go to www.rockfordhabitat.org for link.**
- Send entries and checks payable to:

Rockford Area Habitat for Humanity
5183 Harlem Road
Rockford, IL 61111



*Donate old
running shoes.
Drop box
available on
Race Day!!!!*

Name: _____ Birth Date: _____ Age: _____ Male or Female (circle)

Address: _____ City/State: _____ Zip: _____

Circle one: 5K or 10 Mile Walker? ___ Shirt Size: M L XL Phone: _____

WAIVER: By signature, I do hereby waive and release any and all claims of damages for injuries that I may receive as direct or indirect result of my participation in the Army Johnson Classic on April 4, 2009 against the Village of Machesney Park, Harlem High School, Rock Cut State Park, Rockford Road Runners or Rockford Area Habitat for Humanity.

Signature: _____ (parent's signature if under 18 years of age)

The Biography of a Viking
A Tribute to a Great Friend and a Superior Athlete
By Kathy Johnson and Henry Gallenz

Arny Johnson was born in Duluth, MN, to parents that immigrated to the country from Norway. He grew up with 5 brothers and you might say that he truly was a “Big Brother” to them. He had a great love for outdoor winter sports – skiing, ice skating and hockey- and also loved to climb the hills around Duluth. After graduation, Arny worked at the Greyhound Bus Depot, where he met his future wife, Kathy.

In 1942, he joined the Navy and served on several ships, going to North Africa, Italy and other spots. When he returned, he and Kathy were married and moved to Rockford. He loved people and became very active in his church and in many organizations. He was a leader with the Boy Scouts, participated in races in Skiing Clubs, and running marathons, including Boston, as a member of Rockford Road Runners.

Arny and Kathy had two children, Allen (Los Angeles) and Sandy (La Crosse, WI). There are four grandchildren, two that were born after Arny passed away. Tragically, Arny was killed while riding his bike. He has been missed, but he will always be remembered. Kathy writes “it was quite an honor when the Boylan Classic Race was changed to the Arny Johnson Classic in memory of him. His family and I are truly appreciative.”

We didn’t realize how lucky we were to have a person like Arny in our Club. Skiing was his first love; after all, he was a Viking. From 1974 to 1984, he skied all the Birkebeiner cross country 55K races. He normally won or placed high in his age bracket. He participated in many marathons, which included all 7 of the Rockford Marathons. He also ran the DeKalb, North Central College, Chicago, Milwaukee, Madison, Pavo Nurmi, Twin Cities, and Grandma’s in addition to Boston. He even had a personal record at Boston! He also ran the Syttete Mai 20 mile run and participated in several triathlons. Arny was a great competitor. Arny was more than just a great athlete. If he was not competing, he would be volunteering for events or clubs.

What can be said to adequately sum up the total of one’s life ... especially when it wasn’t allowed to run its due course? There occurs in our lives a moment set aside to honor the memory of one special, unique human being and a darn good runner. Arny, you are missed!



5183 Harlem Road
Rockford, IL 61111

NON PROFIT U.S. Postage PAID Rockford, IL Permit No. 2454
