



Schedule of Events

5K & 1 MILE Family Run

(Registration 8:00 - 9:45 am; Race Starts at 10:00 am)

Place:

Mel Anderson Bike Path
1325 N. Johnston Ave.
Rockford, IL 61101

Date:

Sunday, May 3rd, 2009

Entry Fee:

Adults - \$20.00 Pre-register
\$25.00 Day of the Race
Kids (under 14) - \$10.00

Contact:

Race Coordinator
Jessica Langford
Phone: 815.742.2651 or
jlangford@niu.edu

Divisions:

Men's & Women's 5K
03-14, 20-24, 30-34, 40-44, 50-54, 60-64, 70+
15-19, 25-29, 35-39, 45-49, 55-59, 65-69

Race Packets:

Pick-up at NWCC
from 8:00 to 9:45

Registration Forms:

Send Entries & Checks payable to:
Northwest Community Center
1325 N. Johnston Ave. Rockford, IL 61101

FREE PANCAKE BREAKFAST INCLUDED WITH YOUR REGISTRATION!

*Special Guest Speaker - Jenny Spangler, 1996 Olympic Trials Marathon Champion
Male and Female divisions separately.*

**SANCTIONED EVENT* Rockford Road Runner's Circuit Race*

Cash awards will be given to those who place 1st: \$100 2nd: \$65 and 3rd: \$45 Men's and Women's Open.

**Additional breakfasts may be purchased for a \$5.00 donation. T-shirts to first 125 participants - NO REFUNDS*

Northwest Passage Entry Form

Name: _____

Address _____

City: _____ State: _____ Zip: _____

Phone _____

Adult: _____ Child (14 and under) _____

Birthday ____/____/____

Male ___ Female ___

T-shirt size: S / M / L / XL

Rockford Road Runner Member: Yes _____ No _____

Additional Pancake Breakfast only: _____ \$5.00 each (Qty.)

Waiver Form - must be signed to compete.

In consideration of being permitted to participate in the Northwest Passage, I, the undersigned, in full recognition and appreciation of the dangers and hazards inherent to recreational activities and outings and to this activity specifically, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the trail, do hereby voluntarily agree to assume all associated risks and responsibilities to which I may be exposed during transportation to and from the activity and during my participation in the activity. Further, I do, for myself, my heirs, successors, assigns, and personal representatives, hereby agree to waive and release the Northwest Community Center, the City of Rockford, the Rockford Park District, Rockford Road Runners, their representatives, all race sponsors, and all officials and volunteers assisting with the race from all claims or liabilities of any kind arising out of my participation in this activity even though the liability may arise out of negligence or carelessness on the part of the persons or parties names in this waiver.

Participant's Signature: _____ Date: _____

Parent's Signature (if under 18) _____ Date: _____