

*Circuit
Race*



21st Annual
Rockford Road Runners
Fall Classic Trail Run
and
Outing in the Park

In cooperation with the Boone County Conservation District

WHEN: Saturday, September 26, 2009, 9:00 A.M. – Road Runners' Circuit Race

WHERE: North Shelter, Kinnikinnick Creek Park, Boone County, Illinois
Caledonia Road ¾ mile south of Hunter Road (Elevator Road)

COURSE: Run on park trails, 4.0 miles

REGISTRATION FEE: \$13.00 – Adult pre-registered (\$12.00 for Rockford Road Runners or Wildcat members)
\$10.00 – Age 16 and under pre-registered
\$15.00 – After 9/19 and day of race

RACE DAY REGISTRATION: Registration at the picnic shelter

POST RACE PICNIC: Runners, families, and friends are all invited to picnic after the run. Hot dogs, veggie dogs, bratwurst, and beverages provided. Bring a dish to pass if you can; but run, eat, and enjoy the park with the other runners and families.

AWARDS: Three places to each 5-year age division for both men and women under 60 and two places to each for 60 and up and 2-year youth divisions.

PERKS: Tote bags or runner's gloves (your choice).

RACE DIRECTOR: Norm Yarger (815) 298-2966 (NLyarger@yahoo.com)

MAKE CHECKS PAYABLE TO: Rockford Road Runners, Inc.

MAIL ENTRIES TO: Norm Yarger, 2685 Graham Rd, Belvidere, IL 61008

Name _____ Address _____

City/State/Zip _____ Phone _____

Date of Birth _____ Age _____ Sex _____

I know that running a trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to falls, contacts with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road and trail, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Rockford Road Runners, Inc., the race officials and volunteers, the Boone County Conservation District, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I also grant permission to all of the foregoing to use any photographs, motion pictures, videos, recordings, or any other record of this event for any legitimate purpose.

IMPORTANT! READ THE ABOVE WAIVER BEFORE SIGNING.

Signature _____ (Parent or guardian if under 18), Date _____