

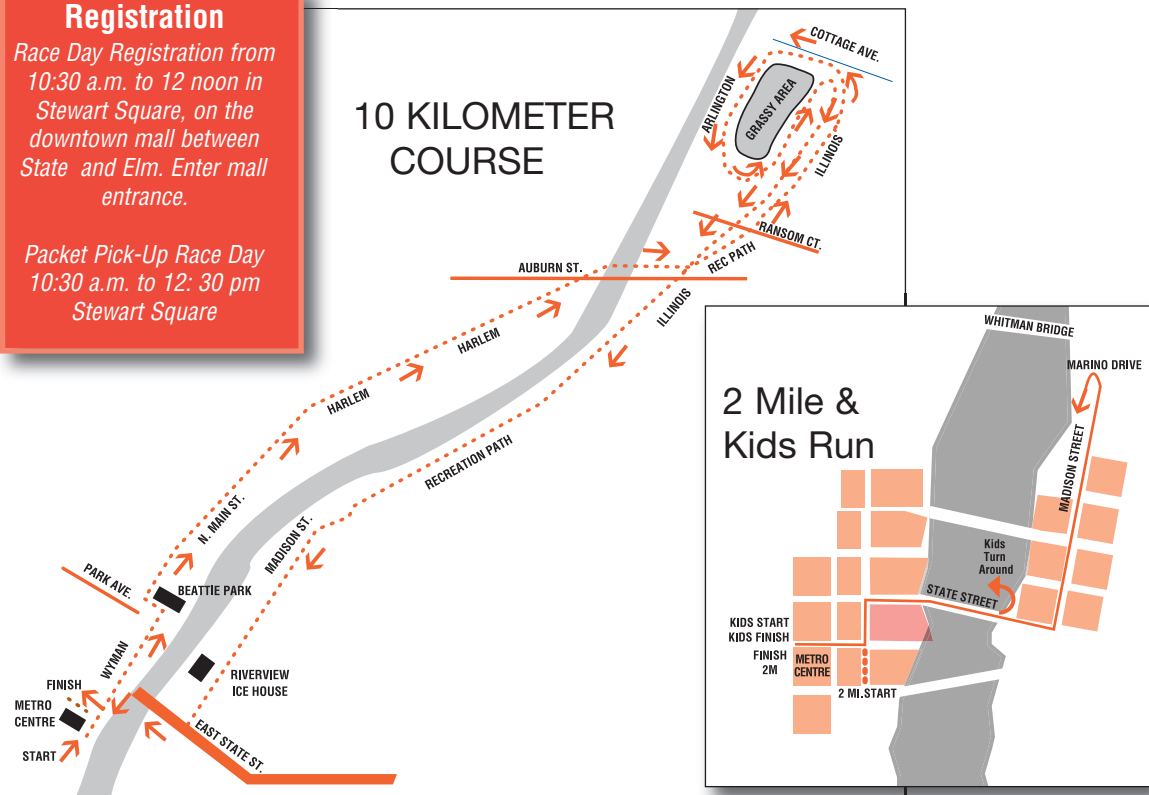
OSF Heritage Run — Sunday, April 26, 2009 Downtown Rockford—Start at Elm and Wyman Streets

Registration

Race Day Registration from 10:30 a.m. to 12 noon in Stewart Square, on the downtown mall between State and Elm. Enter mall entrance.

Packet Pick-Up Race Day 10:30 a.m. to 12:30 pm Stewart Square

10 KILOMETER COURSE



Sponsored by:*

OSF SAINT ANTHONY MEDICAL CENTER

City of Rockford
Cream City Scale
Rockford Area Amateur
Radio Operators
Rockford Road Runners
WOODWARD
13 WREX
YMCA of Rock River Valley
97ZOK

* As of February 13, 2009

Prize Money

Prize Money will be awarded to the top three male and female finishers and the first female and male masters (over 40) finishers in the 10K.

Overall Winners
Male / Female
1st place \$250
2nd place \$100
3rd place \$ 50

Masters Winners	
Male	\$200
Female	\$200

Prize money winners not eligible for age-group medals. Only one monetary prize per person. Special awards presented to overall male and female finishers in 10K and 2 mile races.

OSF Heritage Run joins with the SwedishAmerican State Street Mile in celebrating Rockford's Year of Innovation 2009.

1 P.M. Start at Elm & Wyman

DIVISIONS AND AWARDS FOR

10 K AND 2 MILE RACE
Men & Women: 6-11, 12-14,
15-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-64,
65-69, 70-74 & 75 & over.
Division Medals to 5 places.

REGISTRATION/PACKET PICK-UP

- Race Day Registration from 10:30 a.m. until 12 noon at Stewart Square, 308 W. State St. Downtown Mall.
- REGISTRATION CLOSSES AT 12 NOON.
- NO EXCEPTIONS !
- Race packets available race day, 10:30 to 12:30 p.m. at Stewart Square.
- Shirts to first 500 entrants.

Fees

- Entry Fees: \$25 for each race if pre-registered
- Includes a Long-Sleeve Shirt
- Entry must be postmarked by April 17, 2009
- \$30 Entry Day of Race
- \$5 Kids Fun Run only
- No Refunds

10K AND 2 MILE ARE ROCKFORD ROAD RUNNERS CIRCUIT RACES

FREE Cholesterol and Blood Pressure Screenings



Registration Form

Complete and Mail Form to:

OSF HERITAGE RUN

Big Brothers Big Sisters
200 Y Blvd.
Rockford, IL 61107
(Must be postmarked by April 17, 2009.)

NAME _____

(PLEASE PRINT OR TYPE)

ADDRESS _____

CITY _____

STATE _____ ZIP _____

TELEPHONE _____ MALE FEMALE

BIRTHDATE _____

AGE (AS OF APRIL 26, 2009) _____

PARENT'S NAME IF A MINOR _____

PLEASE SIGN RELEASE FORM ON OTHER SIDE

PLEASE INDICATE RACE: 2M 2M WALK

10K KIDS

FEE ENCLOSED: \$ _____

(MAKE CHECKS PAYABLE TO HERITAGE RUN YMCA)

\$1 DISCOUNT ON PREREGISTRATION ENTRY FEE TO MEMBERS OF:

- Rockford Road Runners
 Rockford Wildcats

For Official Use Only

RACE # _____

Only one discount per runner.

To register on line and for race information and results go to

www.rockfordymca.org

For more information go to

www.rockfordymca.org or www.osfsaintanthony.org

INFORMATION CALL 815/489-1280

(OVER)

Complete Release and Waiver Form

OSF Heritage Run Sunday, April 26

THIS ENTRY CONTAINS A RELEASE AND WAIVER: SIGNING IT DOES AWAY WITH ANY CLAIM FOR INJURY OR DAMAGE. To participate in the HERITAGE RUN 2 MILE RACE, 2 MILE WALK, 10 KILOMETER RACE and KIDS FUN RUN, on SUNDAY, APRIL 26, 2009 in ROCKFORD, IL, I accept all rules, conditions and regulations and will comply with them.

Minor applicants will be accepted only with parent or guardian's signature.

I am aware that a run of 2 MILES or 10 KILOMETERS may be extremely difficult and hazardous for even well-conditioned athletes under the most favorable conditions. While the temperature during this time of year is usually comfortable for running, I am aware of the risk of adverse weather conditions. I understand that I should not participate in this event unless: (1) I am in excellent physical condition, (2) I have trained properly for this event, and (3) I have no medical condition that could likely be worsened by vigorous physical activity.

Knowing these facts, in consideration of your accepting my entry, and in reliance upon the information submitted herein by me, I hereby for myself, my heirs, executors, and administrators, waive, release, discharge and covenant NOT TO SUE any of the sponsors, all race officials and volunteers, OSF Saint Anthony Medical Center, YMCA of Rock River Valley, the city of Rockford, Rockford Park District, Stewart Square, Rockford Road Runners Inc., all medical personnel assisting in this Run, or any of them and any person connected with this event, their employees, representatives, successors and assigns, from any and all claims or liability for death or for damages for any and all injuries to me or my property, arising out of or in connection with my participation in this event. This Release extends to all claims of every kind and nature whatsoever, whether foreseen or unforeseen, known or unknown.

Finally, I hereby grant my irrevocable permission to sponsor and/or organizer and its authorized agents, to use my name and any photographs, video tapes, motion pictures, recordings, or any other record of my participation in this event for any purpose.

Race officials reserve the right to remove those persons who appear to have medical problems during the race.

SIGNATURE _____ DATE _____
PARENT/GUARDIAN IF UNDER 18

10 Kilometer Run (6.2 miles)

1:00 p.m.

- Certified Course (IL-02022-JW)
- RRR Circuit Race
- Loop course, flat and fast
- Splits at every mile
- No dogs, strollers or in-line skates allowed

2 MILE RACE AND NON-COMPETITIVE FAMILY WALK

1:00 p.m.

- Certified Course (IL-03020-JW))
- RRR Circuit Race
- Out and back course
- Flat and fast
- Walkers, for your safety, please start in back of runners.

KIDS FUN RUN

Approximately 2:30 p.m. after 10K completion

- For kids 12 and under
- 1/2 mile
- T shirts to first 100 entrants
- Ribbons to all finishers
- \$5 entry fee for kids run only

Award Ceremony

Approximately 3:00 p.m.

Parking

- Free parking available in MetroCentre Ramp, Church & Elm Streets
- Free parking in city lots and on streets

Other information

- Water and medical aid on course.
- Door Prizes to preregistered runners.
- Refreshments for runners.
- Award ceremony begins at approximately 3 p.m.



**OSF Heritage Run
Sunday, April 26**

Return Service Requested

Big Brothers Big Sisters
YMCA of Rock River Valley
200 Y Boulevard
Rockford, IL 61107-3094



April 26, 2009
OSF Saint Anthony Medical Center
10K / 2 Mile Run Rockford, Illinois

2009 RRR Circuit Races

1 p.m. Start
Downtown
Rockford
Sunday, April 26
Proceeds benefit
Big Brothers
Big Sisters

Non-Profit
Organization
U.S. POSTAGE
PAID
ROCKFORD, IL
PERMIT NO. 1932