

JUST A LITTLE RUN

In Memory of Bill and Helen Evans

COURSE: Flat and fast, USATF certified course (# IL- 95013-JW) through the city streets of Lansing.

WHEN: Saturday, May 1, 2010

TIME: Doors open at 8:00 AM
 Youth Mile at 8:40 AM
 Walkers start at 9:00 AM Sharp!
 Runners start at 9:00 AM Sharp!
 Race day registration will end at 8:30 a.m. for the Youth Mile, and at 8:45 a.m. for the 4 mile run and 2 mile walk



WHERE: Begins at the Eisenhower Center, 2550 178th St. Lansing, IL 60438. Take 1-80 (E) towards Indiana to Torrence Ave. (S). Turn left on 178th St. (E). Follow 178th St. 2 blocks to the Center. Parking Available.

AWARDS: The awards ceremony will follow at the Eisenhower Center. Trophies will be given to the top overall male and female finishers, the top male and female finishers in the Masters divisions, and first, second and third place medals will be given to age division winners in the 4 Mile and Youth Mile runs.

T-SHIRTS: T-shirts guaranteed to first 100 pre-registered runners registering by April 23 and remaining shirts available on race day.

FREE STUFF: Food and drink will be available after the race. Key chains given to all participants.

AGE DIVISIONS:	4 Mile Run: Male & Female	Youth Mile: Male & Female
18 & under	50-54	8 & under
19-24	55-59	9-10
25-29	60-64	11-12
30-34	65-69	13 - 14
35-39	70 +	15 - 18
40-44		
45-49		

RACE RESULTS: Available by calling the Lan-Oak Park District after 1:00 PM May 3 and at www.drkomputing.com.

ENTRY FEE: See next page.

WATER: At start, finish, and on the course.

MILE MARKERS: Splits called at miles 1, 2, and 3.

** No bicycles, in-line skates, roller skates, scooters, other wheeled vehicles or pets in the race. Wheelchairs are allowed. Runners with strollers may not run competitively. Runners with strollers must start after and remain behind the runners for the entire race.**

OFFICIAL ENTRY FORM

JUST A LITTLE RUN

In Memory of Bill and Helen Evans

32nd Anniversary

Start Time:	Youth Mile 8:45 AM	4 Mile 9:00 AM	2 Mile Fun Walk 9:00 AM
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Race Fees:			
On/Before April 23	\$15	\$15	\$15

After April 23	\$20	\$20	\$20
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Fee: _____

Pre-registered runners and walkers can opt to not receive a t-shirt at the race, and will receive a \$3.00 discount on registration.
 No T-shirt option (check) _____ - No T-shirt Discount: _____

TOTAL RACE FEE: _____

NO ENTRIES MAY BE MAILED AFTER April 23

PLEASE CIRCLE: RUNNER WALKER YOUTH MILE

SHIRT SIZE (all shirts adult sizes): S M L XL

NAME: _____

E-MAIL: _____

GENDER: _____ AGE: _____ DATE OF BIRTH: ____/____/____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ EMERGENCY PHONE: _____

EMERGENCY CONTACT: _____ RELATIONSHIP: _____

Method of Payment (Not responsible for cash sent in mail)

Check Cash Credit Card (MC or VISA)

CREDIT CARD #: _____ EXPIRATION DATE: ____/____/____

Signature (parent or guardian if under 18)

**MAIL ENTRIES TO
 OR FOR ADDITIONAL
 INFO:**

LAN-OAK PARK DISTRICT
 2550 178th Street, Lansing, Illinois 60438
 Tel: (708) 474-8552 Fax: (708) 474-8520

Race Director:
 M. Havran

May 1, 2010

The Chicago Area Runners Association (CARA) is a non-profit organization devoted to expanding, motivating, supporting and celebrating the running community of Chicagoland. CARA connects runners to resources that enable them to run – further, faster, better, for life.

Due to CARA's advocacy efforts, runners in the Chicago area enjoy some of the highest quality road races in the country. This race has partnered with CARA and, on behalf of its runners, has agreed to comply with and uphold CARA's road race standards. The object of CARA's Race Standards is accuracy, safety and comfort for runners. To view those Standards and to learn more about CARA, visit www.cararuns.org.



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32nd Anniversary



Bill Evans in 1976

4-Mile Run
2-Mile Fun Walk
Youth Mile Challenge

WAIVER, RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT FOR LAN-OAK PARK DISTRICT READ CAREFULLY

Please read this form carefully and be aware that in signing up and participating in this event, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this event. I recognize and acknowledge that there are certain risks of physical injury to participants in this event, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child/ward or I may sustain as a result of participating in any and all activities connected with or associated with this activity. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this activity against the Lan-Oak Park District, Chicago Area Runners Association, and the Calumet Region Striders including their respective officials, agents, volunteers and employees (hereinafter collectively referred to as "Parties"). I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this activity. I further agree that this agreement shall be governed by the State of Illinois. I have read and fully understand the above assumption of risk and waiver and release of all claims. If registering via fax, my facsimile signature shall substitute for and have the same legal effect as an original form signature. By signing below I also understand that the Lan-Oak Park District uses pictures of program participants to highlight the many recreational activities that are available and that my or my child's picture may appear in a flyer or brochure.

Participants Name: _____

Date: _____

Participant's Signature: _____

(18 years or older or Parent/Guardian)

MAIL ENTRIES TO: LAN-OAK PARK DISTRICT

Attention: M. Havran
2550 178TH Street
Lansing, IL 60438
Tel: (708) 474-8552
www.lanoakparkdistrict.org

