

Entry Fees is \$30. \$3 discount for Prairie State Road Runner and CARA members.

Name _____

Address _____

City _____

State _____ Zip Code _____

E-Mail _____

Age on 5/23/10 _____ Birthdate _____

CARA member # _____

Women's Shirt Size Small Medium Large Extra Large

Men's Shirt Size Small Medium Large Extra Large

Entry Fees are non refundable. **Checks are payable to Prairie State Road Runners.** Mail entry form to Prairie State Road Runners, c/o Dave Cyplick, 20956 S. Ron Lee Drive, Shorewood, Il 60404

In consideration of acceptance of my entry, I do for myself and or anyone else on my behalf, waive and release all organizers, sponsors, The Illinois Department of Natural Resources, Prairie State Road Runners, CARA, The Village of Channahon, Will County Forest Preserve District and any volunteers from any damages whatsoever created as a result of my participation in the National Heritage Corridor 25K race on 5/23/10. I know and understand that this is a challenging event, and hereby attest that I am in good physical condition to participate in the event and that I have sufficiently trained for the distance to be covered in the race. It is further understood that bicycles, in-line skates, roller skates, scooters, other wheeled vehicles and dogs are not allowed on the course.

- Signature _____ Date _____

PRARIE STATE ROAD RUNNERS



NATIONAL HERITAGE CORRIDOR 25K



Dennis Killian, M.D.

Kurtz Ambulance

Channahon Fire Department



19th Annual National Heritage Corridor 25K Run Sunday May 23, 2010 Channahon, IL 8 a.m. start time



This race provides you with excellent scenery as you run alongside the Illinois and Michigan Canal and the Illinois River on a crushed limestone path. Great volunteers and a nicely designed technical t-shirt that comes in both women's and men's sizes if you pre-register by 5/21. Don't miss it!

Register via Active.com or mail in this form. For info, www.psrr.org

Come and Enjoy the Scenery. It's a very nice course!

This is a race you will really enjoy. Excellent scenery, great volunteers and good value for your money! We have a superb start and finish area- The Will County Forest Preserve Four Rivers Environmental and Educational Center – a peninsula surrounded by the DuPage and Des Plaines Rivers. Parking constraints require us to limit the field to 350 runners-so sign up early.



The course is roughly 10% roads and the remainder crushed limestone. It's an out and back course with the historic Illinois and Michigan Canal on one side and the Des Plaines or Illinois River on the other side of the trail for a good portion of the run. The 25K course is USATF Certified-IL 08114 JW.

Your \$30 entry fee will include a technical T-shirt with a National Heritage Corridor theme if you pre-register only..

Awards will be presented to the overall male and female, master male and female and senior master male and female winners. Age group awards presented in 5 year brackets 20 and up through 65+ for males and females. Awards will be proportioned based on registrants. No awards mailed.

Water and Gatorade will be provided at 6 aid stations. Refreshments are served after the race. Packet pick-up will be on race day only. You will be located close enough to your cars that a gear check area is not necessary. Results will be posted at www.psrr.org and www.cararuns.org

Channahon is located two miles south of the intersection of Interstate 55 and Interstate 80 about one hour southwest of Chicago on U.S. Highway 6. Once on Route 6, Go west from Interstate 55 about 3 miles to the Subway restaurant. Turn south on Canal street. Go 5 blocks to Bridge Street and go right over the canal to Blackberry Lane. Then go left until you see the sign for the Forest Preserve entrance on the left. There is a mapping link on our website, www.psrr.org

Course Records: Men; Wilson Chepchuwony, Eldoret, Kenya 1:18:34 Women: Wileen Gausmann, Palos Hills, IL 1:34:12 National records Warren Utes Park Forest, IL. USATF and Unofficial World Age Group Record 75-79 year old male 1:52:57 Jack Nelson, Wilmette, IL. National Record 57 year old male 1:34:14



The 25K is a CARA Certified race.

This race has applied for and received the Chicago Area Runners Association designation as a CARA *CERTIFIED RACE*. This race has agreed to adhere to and uphold CARA's Best Practices Guidelines. These Guidelines embody the highest standards for quality, safety and comfort for participants in a road race.

Due to CARA's advocacy efforts, runners in the Chicagoland area enjoy some of the highest quality road races in the country. To view the Guidelines and to learn more about CARA, visit www.cararuns.org.

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.