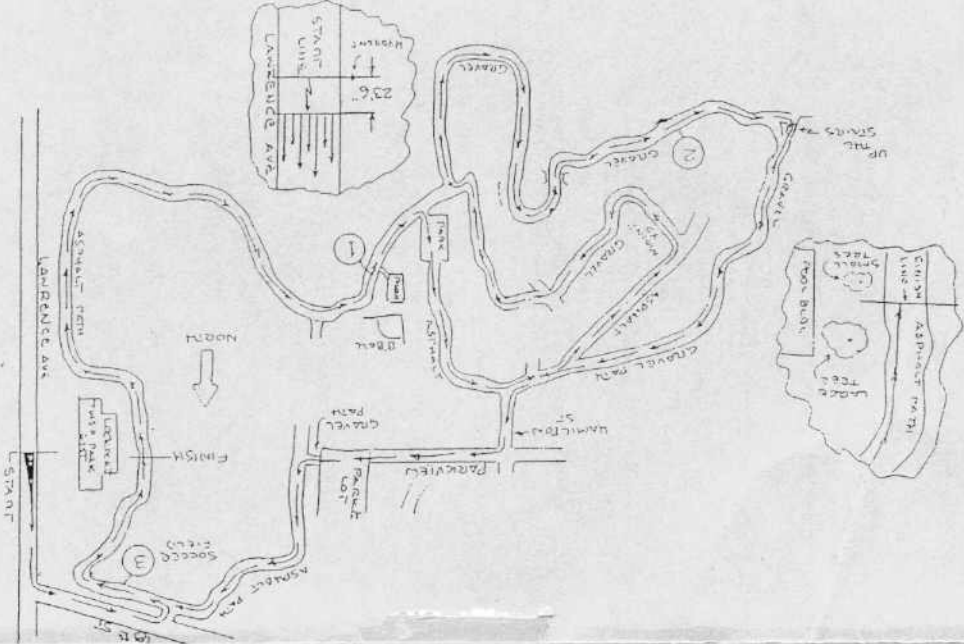
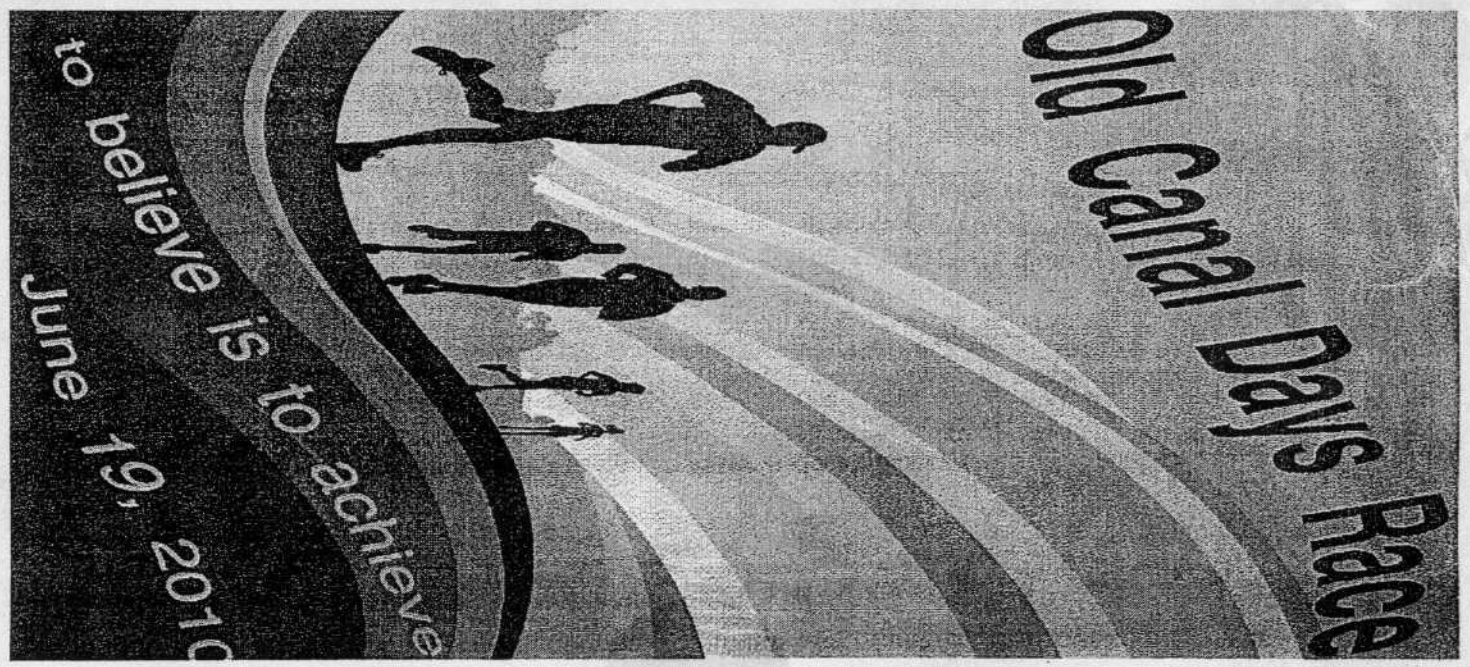


Race begins at 1911 S. Lawrence Ave. Lkpt.



Challenge Fitness
Lockport Township Park District
2021 S. Lawrence Avenue
Lockport, IL 60441

PRST STD
U.S Postage
PAID
Lockport, IL
Permit No. 125



Sponsored by:
Harris Bank

Race Day Schedule

6:30 – 7:45 am Registration
 8:00 am Race/Walk Starts
 9:00am Youth Mile
 9:05 am Dellwood Dash
 9:15 am Post Race
 Party/Awards

Awards

5K Race
 First Overall Male/Female
 First Masters (40 & older) Male/Female
 Top two finishers in each age division

5K Walk
 First Overall Male/Female
 First Masters (40 & older) Male/Female

Old Carol Days 5K Race June 19, 2010

Pre-Race till 6/16 Race Day
 5K Race \$25 \$30
 5K Walk \$25 \$30
 Youth Mile \$15 \$20

LAST NAME _____

FIRST NAME _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE NUMBER _____

DATE OF BIRTH _____ AGE (as of 6-20-09) _____ GENDER _____

CREDIT CARD # _____ V CODE # _____ EXP. DATE _____

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Cash | <input type="checkbox"/> T-Shirt Size |
| <input type="checkbox"/> Check | <input type="checkbox"/> YM |
| <input type="checkbox"/> American Express | <input type="checkbox"/> YL |
| <input type="checkbox"/> Discover | <input type="checkbox"/> Small |
| <input type="checkbox"/> MasterCard | <input type="checkbox"/> Medium |
| <input type="checkbox"/> Visa | <input type="checkbox"/> Large |
| | <input type="checkbox"/> X-Large |

I, the undersigned, hereby for myself, my heirs, executors and administrators, waive and release any and all claims I may have against Lockport Township Park District, its officers, employees, agents, volunteers, successors, assigns, race sponsors, for any and all injuries, including death, which I may suffer in this event, including pre-race and post-race activities. I attest and verify that I am aware of, and assume all risks and am physically fit and have sufficiently trained for this event. I hereby grant permission for the use of any and all photos of this event in which I may appear, and waive compensation for such use.

Signature (parent if under 18) _____

5K Fair Run/Walk

The terrain consists of a few hills on paved roads and trails, through scenic Dellwood Park. Accurately marked and measured. Mile splits, police escort & water stations. Electronically timed finish line.

Certified Course #IL94025JW

FEES: \$25.00 pre-race
 \$30.00 race day

Fee includes t-shirt, pig roast, entry in the raffle.

Youth Mile

Awards will be given to the 1st & 2nd place winners in the following categories:

- 6 & under
- 7-8 years old
- 9-10 years old

FEES: \$15 Pre-race
 \$20 Race day

Fee includes t-shirt, pig roast, entry in the raffle.

Dellwood Dash

FREE - 100 Meter Dash
 Ages: 6 & under

5K Race Award Categories

10 & under	40 - 44
11 - 14	45 - 49
15 - 19	50 - 54
20 - 24	55 - 59
25 - 29	60 - 64
30 - 34	65 & up
35 - 39	

Convenient Registration

Class Code: 2340OC120
Phone: (815) 838-1183 ext. 0
Fax: (815) 834-4278
Web: www.lockportpark.org or active.com

Mail to: CHALLENGE FITNESS
 2021 S. Lawrence Avenue
 Lockport, IL 60441

Pre-race registration deadline
6/16/10 7:00 pm

active.com™ register online for
 thousands of events and activities



All Fees are Non-Refundable

All 5k Race/Walk & Youth Mile participants are automatically entered into raffle.