



LIVE UNITED UPS/UNITED WAY 5K RUN/WALK Saturday, September 25, 2010

**8:00 am Registration - 9:30 am Race starts
I&M Canal in Willow Springs, IL 60480 (Rain or shine)**

Start and finish line provided by Starved Rock Runners, LTD

Corner of Archer Avenue and Willow Springs Road - Course 5K (3.1 miles) Centennial and I&M Canal Trail System in Willow Springs, IL. The race will be ran on the 3 mile loop section between Willow Springs Road and Interstate 294

ENTRY INFO

- **All proceeds go to United Way**
- \$20 if postmarked on or before September 13, 2010
- \$25 after September 13, 2010 (Non-refundable)
- Pre-registered entries guaranteed race T-shirt
- Open to the public
- Children/Strollers are welcome
- Parking on site or nearby UPS Facility-Located at-1 UPS Way
- Online registration available at **racesonline.com** (Visa and M.C. accepted)

Male and Female age groups (top 3 will place) Top Male/Female UPSers will place

**14 and under, 15-19, 20-24, 25-29,
30-34, 35-39, 40-44, 45-49, 50-54,
55-59, 60-64, 65-70, 70+**

3.1 miles, Splits at Miles 1 & 2 - Course not exposed to streets/traffic

No animals, no bicycles, no bandits, no rollerblades/skateboards

The 5K race will be held rain or shine. In the event the race is cancelled for any reason, we thank you for your donation to United Way.



UPS/United Way 5K Run/Walk



Name _____ Email _____

Address _____ City _____ State _____ Zip _____

Phone () _____ Date of Birth _____ Circle One: Male Female

I do not wish to RUN/WALK in the United Way event but would like to make a contribution of: **\$20 - \$25** Other _____

In addition to my United Way 5K race contribution, I would like to donate the following amount: \$ _____

I would not like to participate in age group rewards (i.e. if a young child is registered that would be pushed in a stroller).

T-shirt Size: S M L XL XXL XXXL Circle One: Runner Walker

Referral Source: UPS employee - flyer - running club - grocery store Who/where _____

Are you a member of a running club, if so, name: _____

In consideration of the foregoing, I for myself, my executors, administrators and assignees, do hereby release and discharge UPS, United Way, volunteers, sponsors, or officials, for all claims for damage arising out of my participation in the above event.

Signature: _____ Date _____ **Official Use Only: BIB#** _____
Parent of guardian (if age 18 or under)

Online registration can be completed at **racesonline.com** (Visa & MasterCard is accepted)

Mail entry form: UPS United Way 5K Run/Walk - Care of: UPS (District Office) - 1 UPS Way - Hodgkins, IL 60525

For more information contact Phil Taylor at PJTaylor@ups.com or Kelani Dyer at KelaniDyer@ups.com or 708.387.3442

Please make Checks payable to United Way