

June Bug Jog

11th Annual

5K Evening Run & Competitive Walk

Saturday, June 6, 2009 7:00 pm
& Kid's Race (Ages 1-10) 6:00 pm

RACE FEATURES

Flat, Scenic course along Mississippi River
Water stops & Traffic control
Custom Design on Awards & Shirts
Electronically Timed

**HAMPTON HERITAGE CENTER
HISTORIC HAMPTON, IL.**

(Rt. 84, Between East Moline & Rapid City, IL)

RRS RACE CIRCUIT

CBRC RACE CIRCUIT

RRRR RACE CIRCUIT

Proceeds Benefit Community & Local Charities

Results will be posted at www.rockriverstriders.com

AWARDS **RUNNERS AWARDS:** First overall male & female, three awards each 0-14, five year age groups thru 70-74 then 75 over.

WALKERS AWARDS: First overall male & female, three deep 0-19, 20-29, 30-39, 40-49, 50 & over

KID'S RACE (AGES 1-10): Medals and goodie bags to all finishers

FOOD, REFRESHMENTS & FUN

	5K	Kids Race	Kids Race No Shirt
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Door Prizes, Blimpies Sandwiches, Live Music & Much More!

Pre-registered, postmarked not later than May 30,	\$17	\$10	\$4
Rock River Striders Members	\$15	\$8	\$4
After May 30 th & race day for all	\$20	\$12	\$5

Entry fee is non-refundable

RACE DIRECTOR: Evelyn Watkins, (309) 496-9515 or (563)505-5074



RACE DAY PACKET PICKUP & LATE REGISTRATION at Hampton Heritage Center in Hampton Park, near boat ramp **from 4:30 PM to 6:30 PM**

OFFICAL ENTRY FORM (MAY BE DUPLICATED) PLEASE PRINT!!

FIRST NAME _____ MI _____ LAST NAME _____ AMT ENCLOSED \$ _____

DATE OF BIRTH _____ MALE _____ FEMALE _____ Age race day _____
Month Day Year

ADDRESS _____ CITY _____

STATE _____ ZIP _____ PHONE _____ E-MAIL ADDRESS _____

CIRCLE SHIRT SIZE

YS YM S M L XL 2XL RUNNER _____ WALKER _____ KIDS RUN _____ KIDS RUN NO SHIRT _____

WAIVER (MUST BE SIGNED) In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge Rock River Striders, the Village of Hampton, RRCA, any sponsors, supporters or volunteers' for all claims of damages, demands, action whatsoever in any manner arising or growing out of my participation in the JUNE BUG JOG 5K Run or Walk. I attest and verify that I have full knowledge of the risks involved in this event, am physically fit, and sufficiently trained to participate in this event.

Make checks payable to Rock River Striders

Mail to: Evelyn Watkins

4006 172nd St. N.

East Moline, IL 61244

Signature _____ Date _____

Of Participant (Parent or Guardian if under 18)