



# 6<sup>th</sup> Annual Hennepin Hustle

5K Run & Fun Walk

**Sunday, June 24, 2012, 8:00 am**

Hennepin Canal Parkway  
Colona, Illinois

Register online at [www.GetMeRegistered.com](http://www.GetMeRegistered.com)  
or [www.runrace.net](http://www.runrace.net)

**Questions: Contact Race Director Melinda Urban**

(309) 792-3384 or (309) 230-6913 or email her at [Melinda@choosethechief.com](mailto:Melinda@choosethechief.com)

**Race Features:**

- Short-sleeved Moisture Wicking T-shirt
- Water Stops & Traffic Control
- Scenic Course Along Hennepin Canal
- Electronically Timed (NO CHIPS)
- RRS Race Circuit
- CBRC Race Circuit
- This year's charity: First Day School

**Runners' Awards:**

Plaques to first overall male and female.  
Three awards each: 0-14, five-year age groups through 65-69, then 70 & over.

**Registration Information:**

Pre-registered, postmarked no later than June 18th... \$22  
After June 18th and race day for all..... \$25  
ENTRY FEE IS NON-REFUNDABLE

**Race Day Packet Pickup & Late Registration at:**

Colona Park Pavilion 6:30 – 7:30 am  
Hwy 84 to Colona to 5<sup>th</sup> St (Stoplight) turn south onto 5<sup>th</sup> Ave.



OFFICIAL ENTRY FORM

MAY BE DUPLICATED

PLEASE PRINT

First Name \_\_\_\_\_ M.I. \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Male \_\_\_ Female \_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_ Age on Race Day \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_

Email Address \_\_\_\_\_ Phone Number \_\_\_\_\_

Circle Shirt Size (Pre-registered participants guaranteed a shirt). Shirts on race day until depleted.

XS S M L XL 2XL (add \$1.00) Runner \_\_\_\_\_ Walker \_\_\_\_\_

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 city of Colona, any sponsors, supporters or volunteers from all claims of damages, demands, action whatsoever in any manner arising or growing out of my participation in the Hennepin Hustle 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.

\_\_\_\_\_  
Signature of Participant (Parent or Guardian if under 18) Date \_\_\_\_\_

**Make checks payable to:**  
Hennepin Hustle 5K  
**Mail to:**  
Cheri Powell  
168 Dayton Valley View  
Colona, IL 61241-8907