RACE #19 ON STARVED ROCK RUNNERS CIRCUIT

USATF CERTIFIED IL 07087JW

CERTIFIED COURSE

10K RACE

CANAL CONNECTION XXVIII

ILLINOIS' FINEST

Sponsored and Organized by:
STARVED ROCK RUNNERS, LTD.

UTICA, IL ELEMENTARY SCHOOL

11 AM Sunday, November 7, 2010

UPTOWN what's for dinner?

APLINGTON KAUFMAN McCLINTOCK STEELE • BARRY ATTORNEYS AT LAW

WALLS 102 WALL TO WALL COUNTRY The Radio Group

– IMPORTANT REGISTRATION INFORMATION –

Registration will take place at the grade school in Utica, IL., beginning at 8:15 a.m. and ending at 10:30 a.m. on the day of the race. Busses will begin to leave Utica at 9:00 a.m. to transport runners to the starting line, in LaSalle near the west end of the I-M Canal Towpath. A bag will be provided with your race packet in which you may secure your possessions for transportation back to the finish line. ALL RUNNERS MUST REGISTER IN UTICA!

OFFICIAL CANAL CONNECTION 10K RACE ENTRY BLANK

Name (FIRST LAST MI) Age (as of Nov. 7) ☐ Male ☐ Female

Address City State Zip

Phone ( ) Birthdate - -

SHIRT SIZE: **(Circle One)** S M L XL XXL

Make check payable to: **Starved Rock Runners, Ltd.** Send with entry form to:
Canal Connection - c/o Alan Avery, 1408 S. Noble Ave., Springfield, IL 62704-3450

WAIVER

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Starved Rock Runners Club, the City of LaSalle, the City of Utica, Illinois State Parks, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature _____ Signature _____

(Parent or Guardian if under 18 years old)