

The Lake Run Club presents:



# PARK 2 PARK 5 MILER

## Sunday, JULY 4, 2010, 7:30 A.M.

Custom designed shirts to the first 400 entrants!

Online Active.com registration: <http://www.active.com/running/bloomington-il/park-2-park-5-miler-2010>

This inter-city race starts at MILLER PARK in Bloomington, includes one loop in the Park, exiting to Wood Street, then north on MAIN STREET, through downtown Bloomington, past ISU, and finishes at Fairview Park in Normal.

### NON-REFUNDABLE ENTRY FEES

\$20 if postmarked by June 26

\$25 if postmarked after June 26

\$3 Discount for Lake Run Club Members

No race day discount!

### PRE-REGISTRATION & PACKET PICK-UP

Saturday, July 3rd

5:00 P.M. - 7:00 P.M. at OFTEN RUNNING

RACE DAY REGISTRATION

6:00 A.M. - 7:00 A.M. at the MILLER PARK PAVILION

**Park at Fairview Park and run back to your car!** Bus transportation available to Miller Park before the race and back to Miller Park after the awards. Busing before the race will run from Fairview Park to Miller Park from 6:00 AM-7:00 AM. First bus after race will leave Fairview Park for Miller Park at 9:00 a.m.

The Lake Run Club welcomes disabled racers and we will follow the RRCA guidelines, which can be found at [www.rrca.org](http://www.rrca.org). We do encourage participants needing any consideration to pre-register and contact the race director regarding specific accommodations.

**AGE DIVISIONS:** based on number of participants, some age groups will have awards for 5 places!

Male: 14 & Under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & Over.

Female: 14 & Under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & Over.

Overall Female and Male winners and overall Masters Male and Female winners will be excluded from age group awards.

Call Race Director Ron Barnette at (309) 706-8588 with any questions,  
or e-mail [randrbarnette@hotmail.com](mailto:randrbarnette@hotmail.com), or visit our website at [www.lakerunclub.org](http://www.lakerunclub.org).

**For the safety of all participants - No Dogs, Strollers, Headsets or Bandits!**

**PARK to PARK ENTRY FORM**

Name \_\_\_\_\_ Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone Number \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on July 4, 2010 \_\_\_\_\_  Male  Female  LRC Member

T-shirt size:  Small  Medium  Large  X-Large  XX-Large

In consideration of the foregoing, I for myself, my executors, administrators and assignees, do hereby release and discharge the Lake Run Club, Normal Parks and Recreation, Bloomington Parks and Recreation, and all other sponsors and supporters for all claims and damages, demands, actions, whatever in any manner arising or growing out of my participation in the Park 2 Park Run. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and trained to participate in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature (Parent if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Make Checks Payable to: Lake Run Club  
Mail to: 3 Timber View Drive, Bloomington IL 61701