



# ZION BENTON MAMA'S 5K RUN/WALK 3<sup>RD</sup> ANNUAL EVENT!



**Date:** Saturday, May 9, 2009

**Check-In Time:**

7:45am – 8:45am Race Day  
Registration closes 15 min. prior to race

**Start Time: 9am**

**Entry Fee: Participants:**

5k Run/Walk – \$20 before April 24<sup>th</sup>  
Late entry fee - \$25 after April 24<sup>th</sup>.

*Student Rate:*

5k Run/Walk – \$5 before April 24<sup>th</sup>  
Later entry fee - \$10 after April 24<sup>th</sup>.

**T-Shirt & Goodie Bags:**

Guaranteed to the first 100 entrants who pre-register

**Age/Award Divisions:**

5-9	25-29	50-54
10-14	30-34	55-59
15-19	35-39	60-64
20-24	40-44	65 and over
	45-49	

**Awards:**

Special trophies to overall male and female winners. Medals to first male and female finishers in each age group; no duplications.

**Timing:**

Professional electronic timing equipment will be used.

**Monies raised go to support the prevention and treatment of adolescent substance abuse!**

Form also available: [www.zbisme.com](http://www.zbisme.com); [www.zbchc.com](http://www.zbchc.com); [www.crewinc.org](http://www.crewinc.org)

**Location:**

Start and finish will be Shiloh Center, 2600 Emmaus Ave. in Zion. There is plenty of free parking and restrooms at run site. Shiloh Center is located on the corner of 27<sup>th</sup> Street and Emmaus Ave., two blocks west of Sheridan Rd.

**Course:**

The 5k Run/Walk will be on paved city streets and paved bike paths. This course is flat and fast!

**Aid Station:**

Water will be available at start and finish, and halfway thru the course.

**Refreshments:**

Fresh fruit and bagels will be available to all runners at the finish of the 5k run.

**Course Records:**

*5k Record*

Male: Guillermo Acosta 16:57 set in 2006

Female: Julianne Miller 21:00:74 set in 2008

**Additional Information:**

Contact CREW at 847-872-2830.

T-Shirt Pickup: Race day for the first 100 pre-registered entrants. (First-come for those who register on the day of the race.)

## ENTRY FORM

### MAMA'S 5K RUN/WALK

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

Age Day of Race \_\_\_\_\_

REGISTRATION CLOSING 15 MIN. PRIOR TO RACE

Shirt size – Check One: S  M  L  XL

Applicant Signature \_\_\_\_\_

The undersigned parent or guardian hereby consents to the applicants participation and waives and releases all rights and claims for damages as more fully set forth in this entry form.

Parent/Guardian Signature \_\_\_\_\_

Mail To: \_\_\_\_\_ Date \_\_\_\_\_

CREW, Inc. • Pearce Campus- 1632 23<sup>rd</sup> St. • Zion, IL 60099

### Waiver

In consideration of my entry being accepted in The Mama's 5k Run/Walk, I, intending to be legally bound, do hereby, for myself, heirs, executors and assigns, waive, release and forever discharge any and all rights and claims for damages which I may have or which may occur to me against the Zion Running Club, ZBTHS, Zion Park District, CHC, CREW, City of Zion, and all other cooperating agencies in this race, its or their successors, assigns and sponsors for any and all damages which may be sustained and, or suffered by me in connections with my association with or entry or participation in The Mama's 5k Run/Walk.

All competitors will participate at their own risk. If doubt as to your physical condition to engage in an event as strenuous as a 5k (3.1 mile) Run/Walk, it is strongly recommended that you seek the advice of a physician. All persons under 18 years of age must have written consent of their parents or legal guardians to compete in this event. Further, I hereby grant my irrevocable permission to the organizations to use my name and any photographs, videotapes, motion pictures, recordings, or any other record of my participation in this event for any purpose.

