

# 2018 FALL FITNESS 5K

# IVCH

## SRRL Circuit Race

Starved Rock Runners, LTD



36 Years  
1982 - 2018



## Healthy Choices, Healthy You.

### When: Saturday, October 13, 2018 • 9:00 am

**WHERE:** Washington Park in Peru, IL

**WHY:** All proceeds go to the IVCH Foundation

**FEATURES:** Starved Rock Runners Circuit Race, Certified, flat course

- T-shirts for the first 200 registered participants
- Team competition

**ENTRY FEE:**

\$20 if received before October 10, 2018  
\$25 after and race day

**POST-RACE:** food and refreshments, kid's quarter mile fun run



### AWARDS

- overall male and female
- Masters male and female (≥40 yrs.)
- top winner in the male team, female team, and coed team
- Age group awards

9 and under	30-34	60-64
10-12	35-39	65-69
13-16	40-44	70-74
17-19	45-49	75-79
20-24	50-54	80 & over
25-29	55-59	

\*Team competition: best total time of top three finishers on each team. No limit to team members, coed must have at least one female in the scoring of total time.

Packet pick-up from 7:30am till 8:45am race day at Washington Park

Contact information [IVCHFall5k@hotmail.com](mailto:IVCHFall5k@hotmail.com) or Race Director Kelly Williams 815-780-3879

More information at <https://runsignup.com/ivch5k> or [ivch.org](http://ivch.org)



Download race application at [www.starvedrockrunners.org](http://www.starvedrockrunners.org)

Online registration: <https://runsignup.com/ivch5k> (closes 11:59 p.m. 10/10/18)



Mailed Pre-Registration must be received by Wednesday, 10/10/18

Make checks payable to:  
**ILLINOIS VALLEY COMMUNITY HOSPITAL**

Send completed registration form to:

KELLY WILLIAMS  
IVCH Center for Physical Rehabilitation and Aquatics  
310 Walnut Street  
Peru, IL 61354

**NO REFUNDS OR EXCHANGES**

PLEASE PRINT

T-SHIRT SIZE UNISEX XS S M L XL XXL

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE ( \_\_\_\_\_ ) \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

AGE (As of Sept. 1, 2018) \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ MALE  FEMALE

IVCH EMPLOYEE? Yes  No  TEAM NAME \_\_\_\_\_ IF APPLICABLE.

In consideration of the foregoing, I for myself, my executors, administrators and assignees, do hereby release and discharge the Starved Rock Runners, LTD., the City of Peru, IVCH, and other sponsors for all claims of damages, demands, actions, whatsoever in any manner arising or growing out of my participation in the IVCH 2018 Fall Fitness 5K Run and grant permission to use my picture or likeness.

SIGNATURE \_\_\_\_\_

*Parent or Guardian, if Minor*

*Please feel free to reproduce and share this brochure.*

# Peru, IL

