

The Lake Run Club Presents:

Dog Days 5K

Saturday Evening, July 13th, 2019 @ 6 PM

Rain or shine

A starved rock circuit race

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Course: A portion of Lake Bloomington's Inner-Loop with a start and finish next to Green Gables Splits given at miles 1 and 2

2 Water Stops

Asphalt Roads-Use Caution

Awards given to the overall male and female winners, and to the top three finishers, male and female, in each of the following age groups:

8 & Under; 9-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-70; 71 and Over

Entry Fees:

-\$20.00 if postmarked before July 7th

-\$28.00 after July 7th

-\$18.00 if you do not want a shirt

NO DISCOUNTS after July 7th and NO RACE DAY DISCOUNTS

-\$2 discount to LRC members and Starved Rock Runners

-Doggone nice technical shirts to the first 140 that are pre-registered

-NO REFUNDS AND NO TRANSFERS

-Packet pick-up is Friday, July 12th @ Often Running from 5:30 pm-6:30 pm

NEW THIS YEAR: ONLINE REGISTRATION at www.itsracetime.com

THIS COURSE IS NOT CLOSED TO TRAFFIC;

NO HEADSETS OR STROLLERS WILL BE ALLOWED DURING THE RACE. Check-in on race day (July 13th) occurs from 4:30 pm-5:45 pm near Green Gables Questions can be addressed to Mitch Hobbs, Race Director: 309-452-7749, shoeguy@hotmail.com

Make checks payable to: Lake Run Club

Payments can be mailed or turned in at Often Running, 206 S. Linden St Normal, IL 61761

No credit or debit payments accepted, except for online registration

The Lake Run Club welcomes racers with disabilities!

We encourage participants needing special assistance to pre-register and contact the race director, Mitch Hobbs

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 Name of Participant: _____ Phone: _____
 Address: _____ City: _____ State: _____
 Zip: _____ Date of Birth : _____ Age on Race Day: _____
 Gender: _____ Shirt Size (Circle Size): _____
 Mens: Small Medium Large XL XXL Womens: XS Small Medium Large XL

In consideration of the foregoing, I for myself, my executors, administrators, and assignees, do hereby release and discharge the Lake Run Club, Starved Rock Runners, Often Running/Vitesse Cycle, and any/all other sponsors and supporters for all claims and damages, demands, actions, and whatever in any manner arising out of my participation in the Dog Days 5K Run. I attest and verify that I have full knowledge of risk involved in this events and I am physically fit and trained to participate in this event and abide by the rules of this race.

Signature (legal guardian if under 18): _____ Date: _____