



2007 Blick Art Materials Railroad Days Run/Walk SATURDAY JUNE 23



10K Run ● 5K Run/Walk ● 1 Mile Run/Walk ● ¼ Mile Kids Fun Run

DATE/TIME: Saturday, June 23, 2007 ¼ mile-6:30pm; 1 Mile-6:45pm; 5K & 10K-7:15pm *This is an evening race*

LOCATION: Hawthorne Center, Hwy 34, Exit at Seminary Street, turn south to stop light then left Galesburg, Illinois

DIVISIONS: 5K..... Women & Men 15 & under, 16-22, 23-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & up
 10K.....Women & Men 19 & under, 20-29, 30-39, 40-49, 50-59, 60 & up
 1 Mile Men & Women.....Open age division with awards to top 10 finishers both men & women
 ¼ Mile Kids Fun Run children 8 & under. ALL CHILDREN MUST REGISTER

AWARDS: 5K and 10K – first place overall male and female. First 3 places in each age group. Also awards for the first place male and female finisher from Galesburg. **1 mile** – first 10 places overall men and women. Overall winners are not eligible for age-group awards. Sorry, no trophy division for walkers.

COURSE: FAST & FLAT! 5 K has a well marked turn off. Water and splits provided.

RRCA

RESTRICTIONS: No animals, no roller blades or skates, no jogging strollers and no headphones.

REFRESHMENTS: Post race refreshments will be provided for participants.

SPONSORS: Blick Art Materials and Galesburg Road Runners Club

FACILITIES: Race-day registration and packet pickup begins at 5:00pm at the Hawthorne Center. Showers and restrooms available at Hawthorne Center Gym.

ENTRY FEE: (Non-refundable) \$14.00 entry fee. \$12.00 GRRC members and Blick employees. Race-day entry fee \$15.00. Pre-registration must be postmarked by June 19, 2007.
(1/4 Kids Fun Run Children 8 & Under \$5.00)
MAKE CHECKS PAYABLE TO: Galesburg Road Runners Club

QUESTIONS? Patty Gustafson 309-342-1964 or gustafson@grics.net
 See our website www.grrc.net to print additional entry-blanks

PLEASE PRINT & RETURN TO: Galesburg Road Runners Club, PO Box 1174, Galesburg, IL 61402-1174

Name _____	SHIRT SIZE	CIRCLE RACE
	YS YM YL	¼ Fun Run
Address _____	SM MED	1 Mile Run/Walk
	LG XL	5K Run/Walk
City _____ State _____ Zip Code _____		10K Run only

Age _____ Gender _____ Phone No. _____

In consideration of my entry, I intending to be legally bound, for myself, my heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims which may hereafter accrue to me against the directors of the run, all sponsors, the Galesburg Road Runners Club, Inc., the County of Knox, and the City of Galesburg for any and all accidents or injuries incurred by me at this event and while traveling to and from this event. I state that I am aware of the problems that could be encountered but not limited to the street traffic, heat, humidity, crowds, & animals. I further state that I have trained adequately and am in suitable athletic condition to compete in the race I have entered.

SIGNATURE _____ DATE _____
 (Parent or guardian if under 18)