STRIDES AGAINST HUNGER

Arcola, Illinois - Saturday, April 16, 2016

Arcola Food Pantry 5k & 1 mile run/walk,
Free Community Breakfast & Downtown Open House

New Start Time

RACE DETAILS

Start Time: 7:45 for 1mi. & 8:00 sharp for 5k
Check-in Time: 7a.m. in front of City Hall, 114 N. Locust, downtown Arcola. No entrants after 7:30a.m.
Registration fee: $20.00 before race day;
$25.00 on race day
You may register for both races with 1 registration fee (must be able to complete 1 mile by the 5k start time if registering for both events)
T-shirts: Guaranteed if registration received by 3/31/16

Course: 5k on brick and hard surfaces north and through Arcola. 1 mile all in town. Start and finish downtown
To ensure the safety of all runners and walkers: Bicycles, roller blades, skateboards, leashed or unleashed animals will not be allowed on race course. Baby joggers or strollers are allowed for walkers only and must begin behind walkers

RACE CATEGORIES FOR 5K

14 & Under 15-20 21-29 30-39 40-49 50-59 60-69 70+
Awards presented following the race at United Methodist Church (1 block south of finish line)
Awards to top 3 finishers in each division (men & women).

BREAKFAST DETAILS: A free breakfast for the community and participants will be provided by the Arcola Food Pantry. The breakfast will be served from 7:00a.m. - 10:00a.m. at the United Methodist Church located at 121 Locust St. (1 block South of the finish line). Breakfast will include pancakes, sausage, biscuits & gravy, fruit, donuts, muffins, juice, coffee and milk.

DOWNTOWN OPEN HOUSE: Downtown shops will be open to browse through after the race and breakfast.

OFFICIAL ENTRY FORM FOR STRIDES AGAINST HUNGER 5K/1MI RACE & LUNCH

RETURN WITH CHECK OR MONEY ORDER PAYABLE TO ARCOLA FOOD PANTRY; 711 N. LOCUST ST., ARCOLA, IL 61910

Circle your event: 5k 1mile Both **Amount enclosed $____**

NAME:_____ AGE as of 4/16/16_____
ADDRESS:_____ PHONE:_____
CITY:_____ STATE:_____ ZIP:_____
E-MAIL:_____
SEX:(Circle) M F Shirt Size(Circle) Youth: L Adult: S M L XL XXL

In consideration of acceptance of this entry, the undersigned, being of legal age, hereby waives, releases, indemnifies and holds harmless Arcola Food Pantry, all sponsors, City of Arcola, Arcola Police Department, Township of Arcola, and officials of all governmental bodies of Douglas County, Illinois, their representatives and agents of any and all right and claim for loss, damages, injuries and liability arising from harm, physical injury or mental anguish incurred, suffered, sustained or experienced by the below-named participant due to any occurrence during the 5k race or 1 mile race or in traveling to or from said events. In addition, full permission is granted to use any photograph, motion picture, recording or any other record of this event for any purpose whatsoever. I have carefully read the foregoing and voluntarily sign the same as my own free act, intending to be legally bound hereby, on behalf of myself, the below-named participant, our heirs, executors and administrators.

Participant's Signature_____
Signature of Parent or Legal Guardian_____

A physical examination is not required to qualify to run or walk in this event. However, all competitors participate at their own risk. If in doubt as to your physical condition to engage in an event as strenuous as a 5, 000 meter race or walk, it is strongly recommended that you seek the advice of a competent physician. All persons under 18 years of age must have written consent of their parent or legal guardian to compete in the event.