

**ROCK CUT HOBO Trail Runs****Sept 13, 14 & 15, 2013**

10k CoyoteHowlNite Race – (7:30pm) Sept. 13 - Short Sleeve TECH shirt size _____
 (NOTE: This is a night race on trails headlamps recommend! - 1/2hr. start for 10min+ pace runners) (S-M-L-XL)

25k Trail Race – (8:00am) Sept. 14 -Long Sleeve TECH shirt size _____
 (S-M-L-XL)

50k Trail Ultra – (8:00am) Sept. 15 – Shirt or Socks Size S – M - L - XL
 (50k runners circle either shirt or socks & size – shirt will be same as 25k race shirt)

Awards: Hobo Railroad Spikes: Overall Male & Female,
 Top 3 each Age Groups: 0-14,15-19,20-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70+

Triple Crown: Those who run all three races will receive Hobo Railroad Spike award

Rock Cut State Park is located off of Harlem Road in Loves Park, IL. Camping available in park visit www.reserveamerica.com
 10k race capped at 250 participants - starts from boat launch area of park, pizza party following. 25k & 50 start and finish at Olson Lake area of park. Hobo Stew for 25k & 50k runners.

Questions Call: Carol Wilson 815-670-4239 or Email: hoboruns@rockfordroadrunners.org

Register online at: www.runsignup.com/Race/IL/LovesPark/RockCutHoboTrailRuns

Visit RRR website www.rockfordroadrunners.org for updated race information & course maps or to join RRR today & take advantage of RRR member race discounts!

Name: _____ Gender circle: M - F
 Address: _____ Birthday: ____/____/____
 City: _____ State _____ Zip _____ Age Day of Race: _____
 Phone: _____ Email: _____

Check if doing early 10k start (10min/mile or more pace) at 7:00pm _____ Note Park Closes at 10pm

WAIVER AND RELEASE:

I know that running [volunteering for] a trail or road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the trails and road, all such risks being known and appreciated by me. I understand that bicycles, baby joggers, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the HOBO Trail Run(s) the Rockford Road Runners and the Road Runners Club of America, Rock Cut State Park, IDNR, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Print Name: _____

Signature _____ Date _____
 (Note: Participants under the age of 18 must be signed by parent or guardian)

Check all that apply!**Entry Fees****Early Registration Before Aug 1**

Race	RRR Member	Non-Member
10k	\$15	\$25
25k	\$25	\$35
50k	\$35	\$45

Register Before Sept. 13

Race	RRR Member	Non-Member
10k	\$20	\$30
25k	\$30	\$40
50k	\$40	\$50

NO SWAG OPTION Entry Fees

PRE-Registration only before Sept 13

IF you take this option you race for awards only No shirts & No socks

Race	RRR Member	Non-Member
10k	\$20	\$30
25k	\$20	\$30
50k	\$20	\$30

Total Enclosed: \$ _____
 (Additional Discount under age of 15 subtract \$5 each)

Day of Race add \$10 to above fees
NO Discounts - Shirts & Socks
guaranteed only to runners
registered by 9/8/2013 No refunds.

Make check out to & mail to:
Rockford Road Runners
P.O. Box 7991, Rockford, IL 61126