5.5-MILE TRAIL RUN AND 2-MILE FITNESS WALK

Take on a challenging trail race through fall-colored forests and past the unique gardens and statuary of Allerton Park, then enjoy a post-race brunch. Runners are encouraged to bring their own dishware in order to reduce the environmental impact on Allerton Park. Some cups and plates will be provided.

21st ANNUAL

Allerton Park Trail Run

AWARD CATEGORIES

MEN: 12 & under (3), 13-18 (3), 19-24 (3), 25-29 (3), 30-34 (3), 35-39 (3), 40-44 (3), 45-49 (3), 50-54 (3), 55-59 (3), 60-64 (3), 65-69 (3), 70+ (3), Clydesdale (3)

WOMEN: 12 & under (3), 13-18 (3), 19-24 (3), 25-29 (3), 30-34 (3), 35-39 (3), 40-44 (3), 45-49 (3), 50-54 (3), 55-59 (3), 60-64 (3), 65-69 (3), 70+ (3), Lady Clydesdale (3)

Free Asics running shoes to overall male and female winners. Medals to all finishers under 13 years of age.

Second Wind Running Club

October 26, 2008
Sunday, 9:00 a.m.

ROBERT ALLERTON PARK
MONTICELLO, ILLINOIS

ENTRY FEE (postmarked):
by October 6, 2008 $20.00
October 7–23, 2008 $25.00

Oct. 25 at Body n' Sole—$30.00
NO RACE-DAY REGISTRATION

($2 discount for Second Wind members, excluding late registrants)

INDIVIDUAL ENTRY FORM Telephone
Allerton Park Trail Run 2008

(Please Print)
Full Name (Last) (First) (Middle Initial)

Address

City, State, Zip

Running Club Affiliation(s), if any: _____

In consideration of your acceptance of this entry, I the undersigned, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Board of Trustees of the University of Illinois, John & Mary E. Kirby Hospital, Second Wind Running Club, and any other supporters and their representatives, successors and assignees for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of the event. I also give my permission for the free use of my name and pictures in any broadcast, telecast, or other written account of the event.

Signature _____ (Date) _____ (Parent's Signature if under 18)

Event: ☐ 5.5 mile run ☐ 2 mile walk

Sex: Male ☐ Female ☐

Age on race day: ☐☐

DOB: ☐☐-☐☐-☐☐

Clydesdale [190 lbs +] ☐
Lady Clydesdale [150 lbs +] ☐

Shirt Size: S M L XL XXL
(XXL add $1.00 to entry fee)

MAKE CHECKS PAYABLE TO SECOND WIND RUNNING CLUB
Mail to: Tricia Crowder, 401 West Curtis Rd. 6-105, Savoy, IL 61874
OR REGISTER ON-LINE AT www.active.com