

Our insurance policy prohibits the following in our races: headphones, strollers, rollerblades, dogs (even on leashes). We welcome individuals carrying children in frontpacks or backpacks.

thanks to our sponsors



PRSTD. STD.
U. S. Postage
PAID
Permit No. 746
Champaign, IL

second wind running club
p. o. box 6082 champaign, il 61826

DON'T MISS . . .

\$2.00 discount to Second Wind members

postrace potluck

or current resident



2017 women's fitness and 5k walkrun &kids' 100-yard dash

sunday, october 1

all proceeds
will be
donated to the
Courage
Connection
&
The Crisis
Nursery

**crystal lake park
urbana
11am**

sunday, october 1

crystal lake park

urbana



10:45am

kids' dash

boys and girls under 12

11:00am

women's fitness 5k run

3.1 miles—women only

11:00am

women's fitness 5k walk

3.1 miles—women only

racefeatures

- Two loops around Crystal Lake Park
- Accurate timing courtesy of Second Wind Running Club
- Splits at each mile, two water stops
- Postrace food compliments of potluck and Great Harvest Bread Co.
- T-shirts and goodies to the first 300 entrants
- Merchandise drawing
- Parking at the Crystal Lake Park Boat House and the Urbana Park District special events lot on Broadway
- Awards to the top runner and walker and to age group winners (3-deep)

this is the 32nd
Annual Women's Fitness
5K Run and Walk

for more information:
Jan Seeley 217.369.8553

raceregistration

ONLINE

Pre-registration by September 25: \$20 with T-shirt, \$15 w/o T-shirt. After September 25: \$25—no guarantee of T-shirt. <https://secure.marathonguide.com/register/SecondWindRunningClub/>

BY MAIL

Pre-registration (postmarked by September 25): \$20 with T-shirt, \$15 w/o T-shirt
 After September 25: \$25—no guarantee of T-shirt

IN PERSON

Packet pickup for pre-registrants and late registration Saturday, September 30, 2:00-5:30pm, at Body n' Sole, Curtis Rd. and Rt. 45, Savoy

RACE DAY

Packet pick-up for pre-registrants and late registration 9:30-10:45am at the Crystal Lake Park Pavilion

raceawards

Awards will be presented in the Crystal Lake Park Pavilion. The overall and age group winners will receive unique awards designed specifically for this event.

Run age groups (awards to top 3)

12 and under, 13-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 and over

Walk age groups* (awards to top 3)

12 and under, 13-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 and over

**racewalking judges will be on the course*

COURSE RECORD:

Mary Toohill, 16:47 (1994)

againthis year

Postrace potluck: bring something to share.

Don't forget your diapers! Please donate an item to Courage Connection and The Crisis Nursery. Please bring your items with you on race day. Wish List: Lotion (hand or body), towels, pillows & blankets, diaper ointment, Stage 1 Gerber baby foods, snacks, and canned kids meals.

entryform

Make checks payable to: **Second Wind Running Club**

Please print

name	age
child's name	age
address	
city	
state	zip
date of birth	e-mail
day phone	evening phone

Choose payment options:

- Walk* - T-shirt size: S M L XL \$ _____
- Run* - T-shirt size: S M L XL \$ _____
- *\$20 on/before Sept. 25. \$25 after Sept. 25
- Run only (no shirt) \$15 \$ _____
- Walk only (no shirt) \$15 \$ _____
- Second Wind Running Club member - \$ _____
- Kids' Dash (one size: M10-12) \$6 \$ _____
- Free Kids' Dash (no shirt) \$ _____
- Total \$ _____

For pre-registration, mail to:

Women's Fitness Run/Walk
 411 Park Lane Drive
 Champaign, IL 61820

Read and sign the waiver below:

I know that running or walking a road race is a potentially hazardous activity. I agree to abide by any decision of a race official relative to my ability to safely complete the run. 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, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I waive and release the Second Wind Running Club and all 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.

Signature _____ date _____
 (parent/guardian must sign for entrant under 18)