

Canal Crawl opens Hennepin Heritage Days
(GO TO WWW.ROCKFALLSCHAMBER TO VIEW COURSE PICTURE)

The annual Hennepin Canal Crawl 5K Run and Walk will take place on Saturday, Sept. 12, 2009, beginning behind the Holiday Inn in Rock Falls. The race is the beginning of two back-to-back weekends of entertainment marking the celebration of the Canal, one of the best recreational trails in northern Illinois. More events are scheduled for Saturday, Sept. 19.

The course is flat and fast along the Canal with the beginning and ending of the race at the Canal entrance behind the Holiday Inn. This is a paved course with water stops approximately at the one and two mile markers.

Entry fee for the 5K Run and Walk is \$15 before Sept. 8 and \$20 after Sept. 8. Entry blanks are available at US Bank, Rock Falls, or online at www.rockfallschamber.com and may be downloaded. Registrations may be mailed to US Bank, Attn: Dawn Handel, 300 First Ave., Rock Falls, or dropped off at the Rock Falls Chamber office, 601 W. 10th St., Rock Falls. Race day registration and packet pick up is from 6:30 a.m. to 7:30 a.m. on race day.

The 5K Run will have 11 divisions beginning with 19 and under through 65 and over. Awards will be given to the top three in each division. The first 75 entries will also receive free t-shirts.

The 5K Walk will have two divisions, male and female, with the top three in each division receiving medals.

In addition, awards will be given to the top male and female in both the run and the walk.

There will also be a Kids' Fun Run beginning at 7:45 a.m. on race day for ages 10 and under. All participants will be given a goodie bag plus award plus a t-shirt. Entry fee is \$5.

Race officials ask that no dogs or strollers be in the Run/Walk. Race participants are also required to complete a waiver form.

For more information contact Dawn Handel at 1.815.499.8220.