

# Hennepin Hustle

## 2nd Annual

# 5K Run & Fun Walk

Sunday, June 29, 2008 8:00 AM

### RACE FEATURES

Scenic course along Hennepin Canal  
Water Stops & Traffic control  
Custom t-shirts  
Electronically Timed

## Hennepin Canal Parkway

Colona, Illinois

**AWARDS....RUNNERS AWARDS:** Plaques to first overall male & female, three deep in each age group -  
0-14 five year age groups thru 70-74 then 75 & over

### FOOD, REFRESHMENTS & FUN

	<b>5K</b>
Pre-registered, postmarked no later than June 24	\$18
After June 24th & race day for all	\$20

Entry fee is non-refundable

**RACE DIRECTOR:** Melinda Urban, (309) 792-3384 day or (309)230-6913 evening

**RACE DAY PACKET PICKUP & LATE REGISTRATION** at Colona Fire Department (401 1st Street, Colona, IL)  
From **6:30 AM to 7:30 AM**

**RUN/WALK RESULTS ON ROCK RIVER STRIDERS WEBSITE:** [www.rockriverstriders.com](http://www.rockriverstriders.com)

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**OFFICIAL ENTRY FORM (MAY BE DUPLICATED) PLEASE PRINT!!!**

FIRST NAME \_\_\_\_\_ MI \_\_\_\_\_ LAST NAME \_\_\_\_\_ AMT ENCLOSED \$ \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ Age race day \_\_\_\_\_  
Month Day Year

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

CIRCLE SHIRT SIZE

YM S M L XL 2XL RUNNER \_\_\_\_\_ WALKER \_\_\_\_\_

**WAIVER (MUST BE SIGNED)** In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge Rock River Striders, the City of Colona, Colona Business Association, any sponsors, supporters or volunteers for all claims of damages, demands, action whatsoever in any manner arising or growing out of my participation in the Hennepin Hustle 5K Run or Walk. I attest and verify that I have full knowledge of the risks involved in this event, am physically fit, and sufficiently trained to participate in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Of Participant (Parent or Guardian, if under 18)

Make checks payable to:  
Colona Business Association  
Mail to: Jenny Legare  
716 3rd Street  
Colona, IL 61241