

# 3rd Annual Canal Crawl 5K Run/Walk

Saturday September 12, 2009

8:00 A.M.

Rock Falls, IL

**Come join us for Fun, Food and Prizes**

**Course:** Fast and Flat!! The course starts behind Rock Falls Holiday Inn and follows the canal down past Dixon Ave and back. Path is paved. Water stop at approximately 1 and 2 miles.

**Awards:** Male and female awards given 3 deep for all age groups for runners. Awards will be given to the overall male/female winners for the run and walk as well.

**5K Run Divisions:**

- 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over

**5K Walk Divisions:**

- Top Three Male and Top Three Female walkers will receive medals

**Registration and Entry Fee: (1<sup>st</sup> 75 guaranteed T-Shirts)**

Race Day Registration and Packet Pick up 6:30-7:30 race day

Entry Fee Before September 8-\$15.00

Entry Fee After September 8-\$20.00

\*\*RRRR Member \$1.00 discount

**Mail Entry To:** US Bank, Attn: Dawn Handel,  
300 1<sup>st</sup> Ave, Rock Falls, IL 61071

**Make Checks Payable To:** Rock Falls Chamber

**Questions:** Please contact Dawn Handel, 815-622-2599

**For the safety of all participants, please no dogs or strollers.**

**Kids Fun Run**

- Starts at 7:45
- Ages 10 & under
- Goodie bags
- Awards for all participants
- \$5.00 entry fee
- **T-Shirts**

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**Name** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_

**State** \_\_\_\_\_

**Age on 9/12/09** \_\_\_\_\_

**Sex (circle) M F**

**Race (circle) Run Walk Kids Fun Run**

**T-Shirt Size(circle) YS YM S M L XL**

In consideration of my entry, I, intending to be legally bound, for myself, my heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims which may hereafter accrue to me against the Officials of the Run, the Canal Committee, the City of Rock Falls, and the County of Whiteside for any and all accidents or injuries incurred by me at this event. I further state that I have trained adequately and am in suitable condition to complete this race.

**Signature** \_\_\_\_\_

**Parent or Guardian (if under 18)** \_\_\_\_\_

