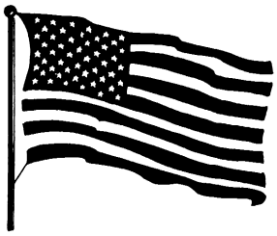
Knights of Columbus
4th of July
5K Walk/Run
Kids 800 M Run & Child Chase



8 AM, Wednesday, July 4, Starting and Finishing at Pells Park

Sponsored by Knights of Columbus Fr. Paul Benson Council #8229 of Paxton in conjunction with the Paxton Good Old Fashioned Days 4th of July.

Race #3 of the ALL AREA 5K CHAMPIONSHIP SERIES

All proceeds from the race support the Knights of Columbus charities of the area.

5K Race Course is generally flat. It starts and ends at Pells Park, which is located on Route 9, about ¾ mile east of Route 45. The course is "out and back" and run on city streets. NO pets, bicycles, roller blades, skateboards, or scooters.

Parking is available outside of the park, since it is set up for the day's activities.

5K Early Bird Pre-registration Fee is $15, with all pre-registered participants guaranteed receiving a ***drawstring backpack***. Race day registration fee is $20. 5K Kids 12 and under **$10 Early bird**, $15 race day fee. Families of 3 or more are **$25 Early Bird**, $30 race day fee. Forms are found at **www.pblunit10.com/cougarscc/5k.pdf**. Early Bird Pre-registration must be received by June 27.

Child Chase – Children 8 years of age and younger - $5 Entry Fee

800 Meter Kids Run – Children 12 and Under - $10 Entry Fee

Pre-registration packet pickup and race day registration is 7 AM to 7:45 at the park.

Water available at the turnaround.

Finish line. Times will be recorded as you cross the finish line. Wrist bands will be worn with an assigned number.

Facilities and refreshments. Water and other drinks, and fruit will be supplied after the race. Restrooms are in the park.

Awards and a drawing for various door prizes will be conducted after all participants complete the course at the finish area.

Race results with individual times and age group breakouts will be available online at **www.pblunit10.com/cougarscc/**

For further information contact Mike Brehm at 217.386.2121 or mvbrehm@mchsi.com

Race Awards

Patriotic drawstring backpacks to the first 175 registrants. $75 Gift Certificates to Body N' Sole for the first 3 finishers in the Male & Female 5K run. Six $50 Gift Certificates to Body N' Sole to be included in the drawing, with all participants eligible EXCEPT the first 3 placers in Male & Female 5K Run. Gift certificates to local eateries to be awarded, too. ***Must be present to win.***

Child Chase – 100 Meter Run

Ribbons to all participants.

800 Meter Run – Kids 12 & Under

Ribbons to all participants and medals to the top 3 boys & girls finishers.

5k Run Categories
Male and Female Divisions

Trophy to overall first place finishers.
Medals to top 3 finishers in each age group:
13 and under, 14 – 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 & Over

5k Walk Categories
Combined Male and Female Divisions

(Any running by walkers will disqualify them from awards)
Medals to top 3 finishers in each age group:
13 and under, 14 – 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 & Over

PLEASE PRINT

Last Name _____

First Name _____

Address _____

City _____ State _____ Zip _____

Race Day Age _____ Sex M F All Area 5K Participant? Y N

CC _____ 800M _____ 5KRun _____ 5KWalk _____

Code for race day only

M50 M51 M52 M53 M54 M55 M56

F50 F51 F52 F53 F54 F55 F56

W50 W51 W52 W53 W54 W55 W56

Waiver of Legal Liability

By signing below, I do hereby release and discharge from liability the City of Paxton, The 4th of July Committee, Ford County, the Knights of Columbus, the directors, organizers, sponsors, supervisors, volunteers of the event, and their representatives, successors and assigns for any and all injuries suffered by me in this event, however incurred or sustained. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, video, recording or any other record of this event for any purpose whatever.

_____
Signature of Participant

_____
Parent (if under 18)

Mail Early Bird entry form and fee (checks written to K of C Council 8229) by June 27 to:
K of C 5K
c/o Mike Brehm
110 Cayuga Ln.
Loda, IL 60948