

The Oak Park Runners Club Presents the 29th Running of:

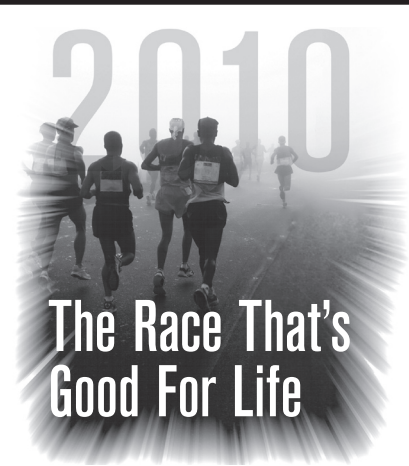
THE RACE THAT'S GOOD FOR LIFE!

SUNDAY April 11, 2010

Men's & Women's Technical Shirt
for the first 700 5K run entries

Chrono Track D-Tag
Timing System

Women's 5K Race • Men's 5K Race
• 1 Mile Youth Race & Junior Jog
• Eastlake Chiropractic & Healthcare Center
5K Fitness Walk
Awards • Entertainment • Health Fair



2010 CARA Runners' Choice Circuit Race

9 am Women's 5K 9:50 am Men's 5K

Registration

Please register early. Early registration deadline is April 3rd.
Send completed application and fee to Oak Park Runners Club,
P.O. Box 2322, Oak Park, IL 60303.

DO NOT MAIL REGISTRATION AFTER April 3rd.



Register in person at the
Competitive Foot store,
102 N. Marion St., Oak Park
708-524-0030 during store hours through
Saturday, April 10 at 4 pm

Packet Pickup

at the Competitive Foot store, 102 N. Marion St., Oak Park, 708-524-0030
Friday, April 9 (12 noon-6:30 pm) and Saturday, April 10 (10am-4 pm)

NO RACE-DAY REGISTRATION!

Race-day packet pickup starting at 7:30 a.m. to 9:40 a.m.

Location

Oak Park River Forest High School, Scoville and Lake Streets.
Junior Jog (for kids 7 & under) will be held outside. \$1 on race day.

Aid, Clocks

Water and Gatorade at the start and finish plus water near the midpoint
for 5K competitors. Clocks at 1, 2, and 3 miles in the 5K.

Results

Complete results will be posted on the CARA website at
www.cararuns.org by Monday, April 12, 2010.

5K Age Groups Men and Women

1-14	25-29	40-44	55-59	70-74
15-19	30-34	45-49	60-64	75-79
20-24	35-39	50-54	65-69	80+

Clydesdale Weight Groups (5K only)

Group	Women	Men
A	135-144	170-184
B	145-154	185-199
C	155-169	200-224
D	170+	225+

Required race-day weigh-in between 7:30 a.m. - 9:35 a.m. Clydesdale
runners must weigh-in at least **15 minutes** before the start of their
event.

1-Mile Youth Race Age Groups

8 and under, 9-10, 11-12. Top 3 in each age group receive medal. All
youth mile finishers receive finisher ribbon.

Eastlake Chiropractic & Healthcare Center 5K Fitness Walk

Walk is noncompetitive. All walkers receive finisher ribbons

Register online at <http://race.oprc.net>

Questions? Contact us at race@oprc.net

or call our race hotline (708) 476-8252

The Race That's Good For Life

web

For Official Use Only

First Name _____ M. I. _____

Last Name _____

Street Address _____

City, State, Zip _____

(area code) Home Phone (area code) Work Phone
Email _____ womens S M L XL Youth Lg

_____ mens S M L XL Youth Lg
T-shirt Size (circle one)

Sex Birth date (mth/day/yr) Age on 4/11/10

Event you are entering (check only one):

5K Run	<input type="checkbox"/>	Clydesdale 5K Run	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	youth Mile	<input type="checkbox"/>	5K Walk	<input type="checkbox"/>	mother daughter team	<input type="checkbox"/>	father son team	<input type="checkbox"/>
		A	B	C	D									

Mother/daughter or Father/Son Teammate: _____

Please submit a separate application for each entrant. Photocopied forms acceptable.

Please send me information about joining Oak Park Runners Club.

Best 5K time, last 12 months _____

If you own your own Chip provide Chip # _____

How many times have you run our race? _____

Race Fees — No Refunds

	5K Run	1Mile	5K Walk
Online by Apr 3	\$23	\$13	\$13
Online Apr 4-9	\$27	\$15	\$15
Mail-in by Apr 3	\$27	\$15	\$15
Walk-in by Apr 10	\$29	\$15	\$15

5K Run \$3 less for CARA members on or before 4/10/10

CARA Number _____

Checks and money orders payable to Oak Park Runners Club,
P.O. Box 2322, Oak Park, IL 60303. No Race-Day Registration!

Waiver

I, the undersigned, know that the event I am entering carries the risk of personal injury
or damage. I know that a running event requires training, and I certify that I am physi-
cally fit for this event. I hereby waive and forfeit all rights I may have to file suit or make
claims against the Oak Park Runners Club, Chicago Area Runners Association, the
Village of Oak Park, any sponsoring organizations and all persons connected with this
race for injuries I may suffer at this event.

I understand that no refunds can be made if the race is cancelled due to weather condi-
tions or other circumstances beyond the control of the race organizers. I also understand
that head phones, strollers, roller blades and dogs are not allowed in this race and I will
abide by this guideline.

Signature _____
(Signature of parent or guardian if under 18)

Date _____ Unsigned Entries Will Be Returned!