

## Up to \$1,500 in Prize Money!

Women's and Men's 5K. Open: 1st overall \$200; 2nd overall \$100; 3rd overall \$50. Masters (40&cup): 1st masters \$100; 2nd masters \$50; 3rd masters \$25. PLUS \$50 to the first woman and man to cross the "LifeLine" (1.55-mi mark) in the 5K.

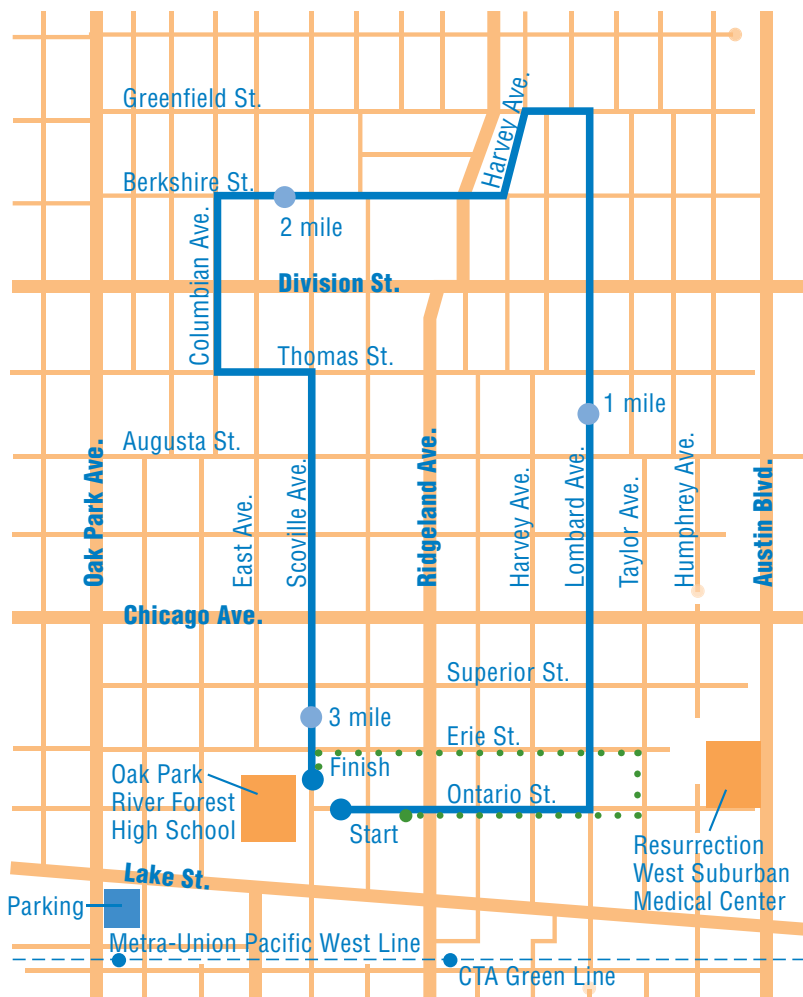
## \$100 Cash Prize for Setting a New Course Record!

Set a new course record and win \$100 (in addition to the prize money listed above).

Records are:	Women's Open:	16:31, Mary Knisely, 1998
	Women's Masters:	16:56, Mary Knisely, 2001
	Men's Open:	14:25, Artur Blasinski, 1998
	Men's Masters:	14:52, Phil Bedford, 2002

## Certified Course

-  The 5K course is USATF-certified (#IL-06111-JW).
-  The Youth Mile is USATF-certified (#IL-06112-JW).



## Health Fair & Massages (outside cafeteria)

Visit the booths for info regarding rehab services, flexibility and strength testing, stretching and more, offered by sponsor West Sub Resurrection Health Care. Get a FREE massage, services offered by sponsor Eastlake Chiropractic & Healthcare Center.

## Entertainment (ongoing in cafeteria)

Scott, Valeria, and Alex Davidson will demonstrate how a simple Footbag (or a Hacky-Sack) can be a fun and effortless warm-up, by yourself or with your friends. Their demonstration of Footbag Freestyle is proof that if you practice anything enough, you can achieve amazing things! Scott is the 1999 World Champion in Singles Footbag Freestyle. Both Scott and Valeria are IFPA Certified Footbag Instructors and are ranked among the top players in the world. Alex Davidson is quickly becoming an accomplished player as well.

## Sponsors

OPRC thanks all sponsors plus Oak Park-River Forest High School, the Village of Oak Park, the Oak Park Police and Fire Departments, the Park District of Oak Park, and all 150 volunteers for their help in making the race possible.

*Proceeds benefit the United Way and Oak Park Public Library.*

West Suburban Medical Center



Garland Flowers

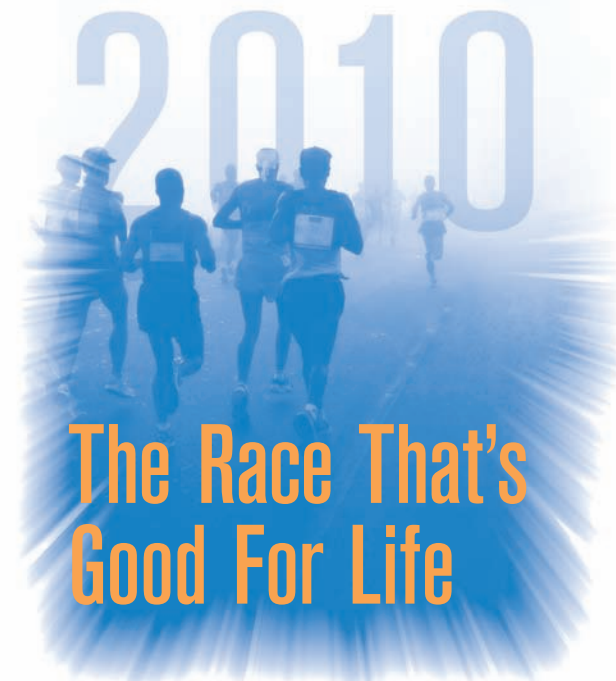
## Join Chicago Area Runners Association (CARA)

CARA is a non-profit organization devoted to expanding, motivating, supporting and celebrating the running community of Chicagoland. CARA connects runners to resources that enable them to run – further, faster, better, for life.

To learn more about CARA, visit [www.cararuns.org](http://www.cararuns.org).



## The Oak Park Runners Club presents



## 2010 CARA Runners' Choice Circuit Race

Join us for our 29th year

**Sunday, April 11, 2010**

**9:00 a.m. Women's • 9:50 a.m. Men's**

*Men's & women's technical shirt for the first 700 5K run entries*

- **Separate 5K Races for Women & Men**
  - Clydesdale Weight Groups
- Eastlake Chiropractic & Healthcare Center 5K Fitness Walk
  - 1 Mile Youth Race •
  - Mother/Daughter teams
- 200 Meter Junior Jog • Awards & Entertainment
  - NEW in 2010—Father/Son teams!

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



## Race Date: Sunday, April 11, 2010

### A Race For Everyone!

- Separate 5Ks for women & men, including Clydesdale weight groups
- Mother/Daughter teams
- Father/Son teams
- 1 Mile Youth Race for kids ages 7-12
- Eastlake Chiropractic & Healthcare Center 5K Fitness Walk
- 200 Meter Junior Jog for kids age 7 and under—\$1.00 on race day

### Women's 5K Run: The Race That Celebrates Women

In recognition of their achievement all women will receive a flower, courtesy of **Garland Flowers, Oak Park.**

### Distinctive Awards

- Men's and women's technical t-shirts for the first 700 5K registered runners. T-shirts (50/50) for all other participants (excluding junior jog).
- Handmade plaques to: Top 3 female and male 5K run winners; top 3 finishers in each 5K run age group and each Clydesdale weight group (open & masters divisions); Mother/Daughter overall winner; Father/Son overall winner; Youth Mile overall winners (male & female). Medals to top 3 in each Youth Mile age group plus **Competitive Foot** gift certificates to age group first place winners.
- Ribbons to all Youth Mile, Eastlake Chiropractic & Healthcare Center 5K Fitness Walk, and Junior Jog finishers.

### Refreshments provided by:



### Starting Times

- Women's 5K Race..... 9:00 a.m.
- Eastlake Chiropractic & Healthcare Center 5K Fitness Walk ..... 9:05 a.m.
- 1 Mile Youth Race (for kids 7-12)..... 9:35 a.m.
- Men's 5K Race..... 9:50 a.m.
- 200 Meter Junior Jog (for kids 7 & under) ..... 10:30 a.m.
- Awards Ceremony & Entertainment in Cafeteria ..... 10:50 a.m.
- Health Fair in Main Hallway..... Ongoing

### Location

All events start just east of Oak Park River Forest High School at Scoville and Ontario Streets, and finish on Scoville in front of the school. The course is flat and fast through scenic Oak Park.

### 2009 5K Winners

Emily DeWald, Bloomington, IN-17:43; Greg Costello, Chicago, IL-14:47.

### Aid, Clocks

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

### Chronotrack D-Tag System

*New in 2010!* The Race That's Good For Life is using the latest in race timing technology, the Chronotrack D-Tag system. All race bib numbers will come with an attached individual D-Tag timing strip. Timing strips must be removed from the bib and secured to the shoe as described in the instructions on the tag. No D-tag; no time. D-Tags are for a one time use and will not be collected at the Finish Line.

### Results

Results will be posted on the websites of CARA (<http://cararuns.org>) and Chicago Athlete (<http://chicagoaa.com>) within 24 hours after the race.

### 5K Age Groups

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

### Clydesdale Weight Groups (5K run 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.

### Eastlake Chiropractic & Healthcare Center 5K Fitness Walk

Walk is noncompetitive. All walkers receive finisher ribbons.

### 1-Mile Youth Race Age Groups

7-8, 9-10, 11-12

### Entry Fees

	5K Run	1 Mile & 5K Walk
On-line on or before April 3*	\$23.00	\$13.00
On-line April 4-9*	\$27.00	\$15.00
Mail-in on or before April 3	\$27.00	\$15.00
Walk-in by April 10	\$29.00	\$15.00

*5K Run: \$3.00 less for CARA members who register by April 10.*

*\*NO on-line processing fee.*

### Registration

- **Please register early.** On-line registration is available through April 9. Mail-in applications accepted prior to April 3. **Send completed application and fee to Oak Park Runners Club, P.O. Box 2322, Oak Park, IL 60303.**
- Register in person at the **Competitive Foot**, 102 N. Marion St., Oak Park (708-524-0030) during store hours through Saturday, April 10 at 4 p.m.
- Register in person at **Whole Foods Market**, 7245 Lake Street, River Forest, (708-366-1045) from 6 - 8 pm on Wednesday, March 24, 2010.
- **NO RACE-DAY REGISTRATION (except Junior Jog)!**
- **No baby joggers, bikes, skates, or pets in the 5K race!**

### Packet Pickup

Pick up at the **Competitive Foot**, 102 N. Marion St., Oak Park on Friday, April 9 (12 noon - 6:30 p.m.), or Saturday, April 10 (10 a.m. - 4 p.m.). Race-day packet pickup will be from 7:30 a.m. - 9:40 a.m. in the high school hallway.



### Parking

Ample on-street parking available and in the municipal lot on Euclid, south of Lake St. Parking garage is available at OPRF High School for a fee.

### Gear Check

Available in the Oak Park River Forest High School hallway.

### Directions

**Public Transportation:** Oak Park River Forest High School is close to the Ridgeland and Oak Park Ave. stops on the CTA Green Line, and 6 blocks east of Metra Oak Park Station on the Union Pacific West Line. **By Car:** Exit Eisenhower Expressway (I-290) at Austin or Harlem, north to Lake Street, turn west from Austin or east from Harlem to the high school.

### Race E-mail and Hotline

Please read this application carefully. If you have additional questions, e-mail [race@oprc.net](mailto:race@oprc.net) or call the race hotline at 708-476-8252 or visit the OPRC web site at <http://race.oprc.net>.

### Volunteers Needed

Volunteers receive a free Race That's Good For Life 50/50 T-shirt. If interested, please e-mail us at [volunteer@oprc.net](mailto:volunteer@oprc.net) or call 708-476-8252.