

## We Run Because We Care!

Proceeds from the run will benefit the Centegra Sage Cancer Center and the RoadRunners Running Club.

### Centegra Sage Cancer Center

- C - Committed to Care
- S - Serving the Community
- C - Connecting You to
- C - Cutting Edge Treatment

**CSCC** offers evaluation, education, comprehensive cancer diagnostic treatment, and support programs through the “team” approach. The focus at CSCC is on both quality of life and longevity issues. They understand how “the cancer experience” impacts the patient, family, and community.

### Race Training

Join the Health Bridge RoadRunners to train for your next race! Pace leaders will guide you through the training courses. Track workouts are included for advanced runners. Free social events and training clinics will be held throughout the year.

**Members:** \$10 per year

**Non-Members:** \$50 per year

For more information, contact Heather Kelly at **815.444.2906** or [hkelly@healthbridgefitness.com](mailto:hkelly@healthbridgefitness.com).

### Volunteers Needed

Be a part of the action! Volunteers receive a free t-shirt. Interested? Please call **815.444.2906** or e-mail [hkelly@healthbridgefitness.com](mailto:hkelly@healthbridgefitness.com).



The Chicago Area Runners Association (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.

Due to CARA's advocacy efforts, runners in the Chicago area enjoy some of the highest quality road races in the country. This race has partnered with CARA and, on behalf of its runners, has agreed to comply with and uphold CARA's road race standards. The object of CARA's Race Standards is accuracy, safety and comfort for runners. To view those Standards and to learn more about CARA, visit [www.cararuns.org](http://www.cararuns.org).

CentegraHealthSystem

HealthBridgeFitnessCenter

200 Congress Parkway  
Crystal Lake, IL 60014  
815.444.2900

RESORT STANDARD  
U.S. POSTAGE  
**PAID**  
ALGONQUIN, IL  
PERMIT NO. 13

CentegraHealthSystem

HealthBridgeFitnessCenter

# RoadRunners

## 5K Run/Walk and Kids' Dash



**Sunday, May 18, 2008**  
**8:00 am**



-- A CARA Circuit Race --  
USATF # IL-01033JW

High-performance shirts for the first 400 5K run entries!

## The Run/Walk Stats

- Day:** Sunday, May 18, 2008
- Starting Times:** 5K begins at 8:00am  
Kids' Dash begins at 9:00am
- Distance:** 5K Run/Walk (3.1 miles)  
Course closes at 9:00am  
Kids' Dash (50 yards)
- Course Description:** 5K Run/Walk course is flat, fast, and winding
- Entry Fees:** Registered by May 15th \$30  
May 16th until Run Day \$35  
Kids' Dash \$5
- Event Starting Location:** Health Bridge Fitness Center  
200 Congress Parkway  
Crystal Lake, Illinois 60014

## Registration Procedures

1. Mail to or register in person at Health Bridge Fitness Center, 200 Congress Parkway, Crystal Lake, IL 60014
2. Register in person on Saturday, May 17th, from 10:00am-2:00pm at The Running Depot, 30-E North Williams St., Crystal Lake, IL 60014 (815) 788-9755
3. Register on-line at [www.signmeupsports.com](http://www.signmeupsports.com). **No mail-in or on-line registrations accepted after May 15th; in-person only.**
4. Run Day registration at Health Bridge on Sunday, May 18th from 6:30-7:30am

## Packet Pick-Up

1. Saturday, May 17th, Noon-4:00pm at The Running Depot 30-E North Williams St., Crystal Lake, IL 60014, (815) 788-9755
2. Sunday, May 18th, 6:30-7:30 am at Health Bridge Fitness Center

## Parking

Available in the Health Bridge Fitness Center parking lot.

## Results

Run results will be posted on the websites of Health Bridge Fitness Center ([www.healthbridgefitness.com](http://www.healthbridgefitness.com)), CARA ([www.cararuns.org](http://www.cararuns.org)), [chicagoaa.com](http://chicagoaa.com), and [racetime.info](http://racetime.info).

## Kids' Dash

Bring your kids to experience the excitement of our Kids' Dash! The dash will start at 9:00am at Health Bridge Fitness Center. Kids ages 5 - 10 are welcome to participate and will be divided into age groups. Kids' Dash is 50 yards and all will receive a ribbon upon completion of the dash.

## Awards

Awards will be given to all first-, second-, and third-place winners in each age division. Overall male and female winners will also receive a prize.

### 5K Age Group Divisions

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

## Post-Race Party

Join us for the post-race party at Health Bridge! Complimentary food and beverages, contributed by local vendors, will be served.

## Directions

Take I-90 West and exit at Randall Road. Travel north 7 miles to Crystal Lake (Randall Road changes into Rakow Road). Turn left at Pyott/Main Street. Go 1.5 miles north. Cross Route 14, turn right on Congress Parkway. Health Bridge Fitness Center is located on the left (200 Congress Pkwy.).

- Gatorade and water available at race start, on course at Esther and Walkup, and at finish.
- Split-timers at each mile.
- First 400 5K registrants receive a high performance shirt!
- For more information, call **(815) 444-2906**.

## Proudly Sponsored By ...



## Registration Form (BIB # \_\_\_\_\_)

CHECK ONE:  5K  Kids' Dash  
(PLEASE PRINT)  Runner  Walker

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Male  Female Birth Date: \_\_\_\_\_

Age on May 18, 2008: \_\_\_\_\_

Shirt Size (check one):

Small  Medium  Large  X-Large

### Race Fees (NO REFUNDS)

5K Run: \$5 off for CARA members who enter on or before May 15th

(CARA # \_\_\_\_\_)

Pre-registered by May 15th ..... \$30

May 16th until Race Day ..... \$35

Total 5K \$ \_\_\_\_\_

Kids' Dash (\$5 per child) \$ \_\_\_\_\_

**GRAND TOTAL** \$ \_\_\_\_\_

Please send me information about joining the Health Bridge RoadRunners Club.

### Method of Payment:

Cash/Check  Mastercard  Visa  Discover

Credit Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Check #: \_\_\_\_\_ (payable to Health Bridge)

Signature: \_\_\_\_\_

**Waiver of Claims:** The undersigned participant acknowledges that the use of Health Bridge Fitness Center (HBFC) facilities and participation in HBFC-sponsored activities or events shall be undertaken by a member or guest at his/her own risk. In addition, the undersigned agrees to release Centegra Health System and Chicago Area Runners Association, their subsidiaries, agents, servants, and employees from any and all claims, damages, and causes of action that the undersigned might hereafter have on account of injuries sustained as a result of an accident occurring at HBFC or on the race course.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (if athlete under 18 years): \_\_\_\_\_

Date: \_\_\_\_\_

**Bicycles, in-line skates, roller skates, other wheeled vehicles (except wheelchairs), and dogs are not allowed on the course. Runners with baby strollers are not allowed in the race. Please submit a separate application form for each entrant. Photocopied forms acceptable. Unsigned entries will be returned.**