

**5K Fun
Run & Walk**

Mostly rolling terrain with a few hills on paved roads and fairways, through scenic Prairie Bluff Golf Club. The course is certified, accurately marked and measured. Mile splits and electronically timed finish line.

\$25.00 pre-race to 12/2/09
\$30.00 race day



**Fee includes a chili lunch,
homemade cookies & a t-shirt**

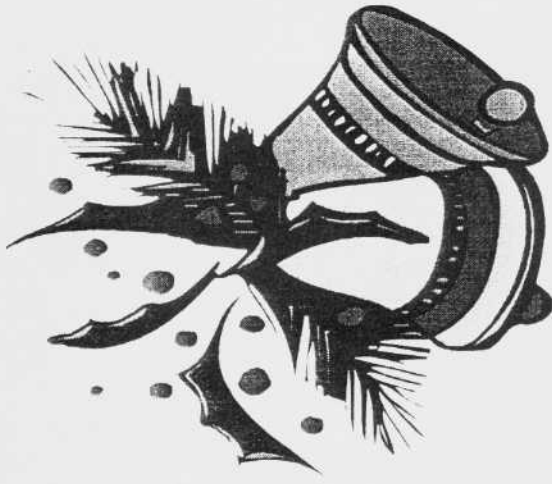
Lockport Township Park District

Phone: (815) 838-3621 ext. 0

Fax: (815) 834-4278

www.lockportpark.org

PRST STD
U.S. Postage
PAID
Lockport, IL
Permit No. 125



Jingle Bell

***5K Fun
Run & Walk***

Sat., December 5th, 2009

Prairie Bluff Public
Golf Club
19433 Renwick Road
Crest Hill, IL

Sponsored by:

Harris Bank

Lockport Township Park District
1911 S. Lawrence Avenue
Lockport, IL 60441

Race Day Schedule

7:30 – 8:45 am Registration
 9:00 am Race Starts
 10:15 am Post Race Party/
 Lunch/Awards

All 5K participants will be automatically entered in the raffle.



Awards

5K Run
 First Overall Male/Female
 First Master (40 & older) Male/Female
 Top two finishers in each age division
5K Walk
 First Overall Male/Female
 First Master (40 & older) Male/Female



Race packets can be picked up at
 Challenge Fitness on 12/3/09
 between 1pm-10pm and on 12/4/09
 between 6am -5pm. Please feel free
 to contact Amy Rauhen, at
 815-838-1183 x 208. or with any
 race questions.

Award Categories

9 & under	40 – 44
10 – 14	45 – 49
15 – 19	50 – 54
20 – 24	55 – 59
25 – 29	60 – 64
30 – 34	65 & up
35 – 39	

Registration

Class Code: 234JB139

Phone: 815 838-3621 ext. 0

Fax: 815 834-4278

Web: www.lockportpark.org

Pre-race registration deadline 12/2/09 at 7:00pm

Mail: Lockport Township Park Dist.
 Challenge Fitness
 2021 S. Lawrence Avenue
 Lockport, IL 60441

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 thousands of events and activities



All Fees are Non-Refundable

Jingle Bell 5K Race Sat., December 5th, 2009

	pre-race to 12/2/09	Race Day
<input type="checkbox"/>	5K Run	\$25 \$30
<input type="checkbox"/>	5K Walk	\$25 \$30

I, the undersigned, hereby for myself, my heirs, executors and administrators, waive and release any and all claims I may have against Lockport Township Park District, its officers, employees, agents, volunteers, successors, assigns, race sponsors, for any and all injuries, including death, which I may suffer in this event, including pre-race and post-race activities, I attest and verify that I am aware of, and assume all risks and am physically fit and have sufficiently trained for this event. I hereby grant permission for the use of any and all photos of this event in which I

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____

Method of Payment

- Cash
 Check
 American Express
 Discover
 MasterCard
 Visa

Sex M F

Date of Birth _____/_____/_____

Age as of 12/5/09 _____

Shirt Size:

S M L XL XXL

Credit Card # _____ Also V code # _____ Exp. Date _____

Signature (parent if under 18) _____