

# Sundowner 5k Registration Form

Please Print (5K 2-3500-11, Junior Jog & One Mile Fun Run 2-3501-11)

Name \_\_\_\_\_

Email \_\_\_\_\_

Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

Telephone \_\_\_\_\_

T-Shirt Size (circle) S M L XL

\_\_\_\_\_ Male \_\_\_\_\_ Female

5k \$25 (through July 13); \$30 (through race day)

Club Affiliation \_\_\_\_\_  
Prairie State Road Runners and CARA members receive a \$2 discount. Membership # \_\_\_\_\_

Junior Jog \$8 (through race day)

I would like to add a donation of \$ \_\_\_\_\_  
to the Joliet Park Foundation to my race registration. (POS SUNDON)

Total \$ \_\_\_\_\_

Make check payable to *Joliet Park District*

Cash  Check # \_\_\_\_\_ or charge to

Visa  Mastercard  Discover Exp. \_\_\_\_\_

Card # \_\_\_\_\_

Signature \_\_\_\_\_

Print Name \_\_\_\_\_

I do hereby waive and release any and all rights and claims for damages that I may have against the sponsors, agents, officials, the Joliet Park District, Prairie State Road Runners, and volunteers of the Sundowner 5K for any injuries suffered in said events or other related activities. I attest and verify that I am physically fit and have trained sufficiently for this event and weather conditions.

Signature \_\_\_\_\_

(Runner or Parent if under 18)

Date \_\_\_\_\_

Bib # \_\_\_\_\_ Registration # \_\_\_\_\_

(For office use only)



# sundowner 5k

Run the  
10th Annual  
Sundowner  
5k

# Thursday July 15, 2010 7:15 pm

Joliet Park District's  
Barber & Oberwortmann  
Horticultural Center

227 N. Gougar Rd.  
Joliet, IL 60432  
815.741.7275

save the date  
**red**   
**run**  
sunday  
november 14  
7:15 am

# 10th Annual Sundowner 5k Sponsors

Starting Line Sponsor



www.pcfittnessequipment.com  
800.630.7827

Mile Markers



Finish Line Sponsor



MK Orthopaedics  
SURGERY & REHABILITATION

Setting the Standard of Excellence

The Sundowner 5k is a USTAF/CARA CERTIFIED COURSE and a PRAIRIE STATE ROAD RUNNERS circuit race. The course winds through scenic Pilcher Park trails, with mile splits and two water stops. Join us afterwards for a family cookout.

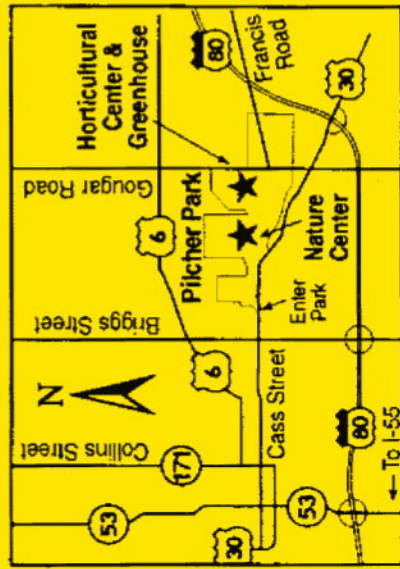
### Course Records

**John Weigel** 15:06 *Top Male*

**Katie Sims** 18:30 *Top Female*

### Directions to Joliet Park District's Barber & Oberwortmann Horticultural Center

The race will be held at the Joliet Park District's Barber & Oberwortmann Horticultural Center at 227 N. Gougar Rd. Take I-80 and exit at #137 (Rt. 30), go west two stoplights to Gougar Rd., go north (right). The Horticultural Center is located on the west side of Gougar Rd. with plenty of parking available.



*Please no strollers, roller blades, dogs, or baby joggers.*

## Registration 5k

\$25 5k if received by July 12, 2010; \$30 if received after July 12, 2010 or day of event.

**Race day registration will begin at 5:00 pm and end at 6:15 pm**

All pre-registered Prairie State Road Runners & CARA members receive a \$2 discount. *No discounts on race day.*

The first 500 registrants receive a dri-fit race t-shirt and goodie bag!

Packet pick-up for pre-registered racers: **Race day only 5:30 – 6:15 pm**

Timing: This race will be Chrono Track timed. Instructions for your timing device will be included in your packet.

Make your checks payable to the Joliet Park District and mail to:

Joliet Park District, 3000 W. Jefferson St., Joliet, IL 60435, Attn: Sundowner Race

For additional information, please contact the Joliet Park District at 815.741.7275 ext. 206.

Online registration is available at [signmeupsports.com](http://signmeupsports.com).

## Junior Jog & One Mile Fun Run

\$8 Junior Jog and One Mile Fun Run

**Race day registration will begin at 5:00 pm and end at 6:15 pm**

Participants will receive a bag of goodies, race t-shirt and a ribbon.

200 yard Junior Jog for ages 12 and under will begin promptly at 6:30 pm

One Mile Fun Run begins immediately following the Junior Jog

## Awards

The first 500 finishers will receive a 10th anniversary medal.

The top male and female finishers will receive \$50

Awards will be presented to the top masters (over 50) male/female and top three finishers in the following age groups:

0-14 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65+

Race results available at [www.active.com](http://www.active.com), [www.mychicagoathlete.com](http://www.mychicagoathlete.com) and [www.jolietpark.org](http://www.jolietpark.org)

## Family Cookout

After the race, join us for an awards ceremony with a family cookout for all runners at the Joliet Park District's Barber & Oberwortmann Horticultural Center.

Cost: \$5/person, Runners Free