This race was selected to be part of CARA’s 2010 competitive circuit of races, named the RUNNERS’ CHOICE CIRCUIT. CARA members can compete on this Circuit for year-end Overall, Age Group, Clydesdale (weight) and Club/Team awards.

This race is a CARA CERTIFIED RACE. It has agreed to adhere to and uphold CARA’s Best Practices Guidelines. These Guidelines embody the highest standards for quality, safety and comfort for participants in a road race.

Due to CARA’s advocacy efforts, runners in the Chicagoland area enjoy some of the highest quality road races in the country. To view the Guidelines and to learn more about CARA, visit www.cararuns.org.

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.

Online registration powered by RUNRACE.NET

Printing Courtesy of NORMAN PRINTING - Niles
2010 Charity Classic Registration Form

No Entries Should Be Mailed After September 15, 2010

Make checks payable to: PARK RIDGE CHAMBER OF COMMERCE

Entry Fee: Before September 25 CARA/USATF Member $17 Non-Member $20
September 25 CARA/USATF Member $25 Non-Member $25

Mail or bring to: Summit Specialties – 5K Race
51 Summit Ave.
Park Ridge, Illinois 60068

online registration powered by RUNRACE.NET
no surcharge

Baby strollers, bicycles, in-line skates, roller skates, scooters, other wheeled vehicles (except wheelchairs), and dogs are NOT ALLOWED on the course, will not be allowed through the finish chute and, will not be included in results.

ENTRY FORM: Please Print Clearly

First Name: ___________________________ Middle Initial: M L Last Name: ___________________________
Address: ___________________________ City: ___________ State: ___________ Zip: ___________ Sex: M / F
Home Phone: ________________________ Work Phone: ________________________
Date of Birth: ______/______/______ Age on Race Day: ______

Circle One: Team Corporation

Name: ____________________________

— NO CHANGES ON RACE DAY —

Shirt Size: □ Small □ Medium □ Large □ X-Large
for first 650 registered runners

5K Personal Record

Waiver

In consideration of this entry, I hereby for myself, heirs, executors, and administrators, waive any and all claims I may have for damages against Park Ridge Chamber of Commerce, Park Ridge Recreation and Park District, City of Park Ridge, Cook County, State of Illinois, Chicago Area Runners Association, USA Track and Field, all event sponsors and individuals associated with the event, their representatives, successors, and assigns for any and all injuries suffered by me in connection with this event, including pre- and post- race activities. I have been warned that I must be in good health to participate in this event, and I attest and verify that I am physically fit and have trained sufficiently for this event. I hereby grant permission to have the Park Ridge Chamber of Commerce and its authorized agents use my name and any photographs, video tapes, motion pictures, recordings, or any other record of my participation in this event for any purpose. UNSIGNED ENTRIES WILL NOT BE ACCEPTED.

Signature: ____________________________ Date: ____________________________

Parent’s Signature if under age 18

E-mail: ____________________________

Directions to: Pickwick Theatre, 5 S. Prospect Ave.
Park Ridge IL 60068
Read carefully and avoid calling.

From the North: I-294 south, exit Golf Road
Golf Road east to Greenwood
Greenwood south to Northwest Hwy.
Northwest Hwy. east to Touhy
From the South: I-294 north, exit Touhy east
Touhy east to Northwest Hwy.

From the East & West: 90 to Cumberland north
Cumberland north to Touhy
Touhy east to Northwest Hwy.