



12th Anniversary

Viking Sunset

Family Night

5k RUN

And

**Jamie LaForce Youth Mile
Junior Jog & Toddler Trot**

Geneva High School Sports Complex
Geneva, Illinois 60134

Wednesday July 29, 2009

Youth Mile	6:15 p.m.
Junior Jog	6:30 p.m.
Toddler Trot	6:45 p.m.
5k Start	7:15 p.m.

www.FoxRiverTrailRunners.org

Family Night

Join us in historic Geneva for a fun filled family night of racing. The evening starts with the Jamie LaForce Youth Mile at 6:15 p.m. followed by the Junior Jog and Toddler Trot. The Viking Sunset 5K starts at 7:15 p.m.

Tie Dyed Race Shirt

Our famous tie dyed commemorative race shirt is free and guaranteed for pre-registered entrants, and while supply lasts for race day registration. (5K and Youth Mile Only)

Directions

From Randall Road take Route 38 two miles east to Anderson Blvd. Turn Left (North) on Anderson Blvd and go $\frac{3}{4}$ of a mile to Gray Street. Turn Left on Gray Street and go west to the Stadium. From the East take Route 38 west $\frac{3}{4}$ of a mile past the Fox River to Anderson Blvd. Turn Right (North) on Anderson Blvd and follow the directions above.

5K Course (All Ages)

Our fast & flat USATF Certified course will have race clocks at each mile mark, and a water station just past halfway. A \$25.00 gift certificate will be awarded to anyone who breaks a 5K age group course record. Visit our website www.FoxRiverTrailRunners.org for a list of current records. **NO BIKES, SKATES OR DOGS ALLOWED.** Walkers and strollers start behind the runners.

5K Awards

Awards will be presented to the overall male and female winners as well as age group awards in the following age groups. 00-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 plus. Awards are 5 deep in the 0-14 and 15-19 age groups.

Youth Mile (Age 12 and under)

Our flat and fast Youth Mile will take off at 6:15 p.m. starting & finishing on the track. Trophies will be presented to the first 5 winners in 0-7, 8-9 and 10-12 age groups.

Fox River Trail Runners
PO Box 371
Geneva, IL 60134

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Junior Jog (Age 9 and under)

The Junior Jog is a 400-meter lap around the racetrack. Each participant will receive a #1 bib and goodie bag.

Toddler Trot (Age 5 and under)

Join your Toddler if you wish, for a 100 Meter dash on the racetrack. Each participant will receive a #1 bib and goodie bag.

Refreshments

You can also enjoy plenty of free refreshments.

Packet Pickup

If you registered before July 22nd, you may pick up your race packet on Tuesday July 28th during normal business hours at Dick Pond Athletics store, 303 N 2nd Street, St. Charles, IL 60174. Phone number at the store is (630) 587-0745.

Results

RealTiming Inc. will provide chip timing for the 5K and the Youth Mile. Race results will be available at www.frtr.org, and www.realtiminginc.com.

On-Line Registration (Save \$\$\$)

Register on line before 7/22/09 for the best discount at www.SignMeUp.com/64977 and the FRTR Club will also pick up the processing fee.

Race day registration will be available starting at 5:30 p.m. and close 15 minutes prior to race time. Due to a large number of participants, it is highly recommended that you pre-register or arrive early to avoid the crowd. T-Shirts for race day registrants will be available, while supplies last.

Race Entry Fees and Discounts

CARA and Fox River Trail Runner members receive a \$2.00 discount on the 5K entry fee.

No discounts on Race Day

<u>Event</u>	<u>Mail</u>	<u>Race Day</u>
5K	\$22.00	\$25.00
5K CARA	\$20.00	\$25.00
5K FRTR	\$20.00	\$25.00
Youth Mile	\$12.00	\$13.00
Junior Jog	\$ 7.00	\$ 7.00
Toddler Trot	\$ 5.00	\$ 5.00

Make checks payable to the Fox River Trail Runners and postmarked by 7/23/2009 to:

Fox River Trail Runners
PO Box 371,
Geneva, IL 60134

Additional Information

If you would like additional information visit our website www.FoxRiverTrailRunners.org, or contact us via email at VikingSunset5k@gmail.com or call Jon Burmeister at (630) 377-5084.

Volunteers

If you would like to be part of the fun and satisfaction of assisting the Fox River Trail Runners with the many tasks required to host this event, contact us at one of the numbers above.



Chicago Area Runners Association (CARA)

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.

www.cararuns.org

PLEASE PRINT CLEARLY - ONE ENTRY PER FORM! Event: 5K ___ YM ___ JJ ___ TT ___ Bib Number: _____
 First Name: _____ Last Name: _____ Sex: M ___ F ___
 Address: _____ City: _____ ST: _____ Zip: _____
 Home Phone: (____) _____ / _____ Email Address: _____
 Birth date: ____/____/____ Age on 7/29/09: ____ T-Shirt: YM ___ SM ___ MD ___ LG ___ XL ___
 Entry Fees: By 7/26/09 CARA & FRTR After 7/26 & Race Day (No Race Day Discount)
 5K \$22.00 \$20.00 \$25.00 CARA Membership No. _____
 Youth Mile \$12.00 \$13.00 \$25.00 (Please circle fee)
 Jr. Jog \$ 7.00 \$ 7.00 \$ 7.00
 Toddler Trot \$ 5.00 \$ 5.00 \$ 5.00

Waiver: In consideration of your acceptance of my registration, I do hereby, for myself and anyone else on my behalf, waive and release the Fox River Trail Runners, Chicago Area Runners Association, Geneva All-Sports Boosters, Geneva School District 304, and all agents, affiliates and volunteers from any and all claims for damages whatsoever created as a result of my participation in this event, including bodily injury. I attest and do hereby verify that I am physically fit and I have trained sufficiently for this event, and that I am aware of the risks involved in running at this warm time of year, and intend by this release to assume full responsibility for anything that may happen to me.

Applicants Signature: _____ DATE ____/____/____ 2009

SIGNATURE REQUIRED – Parent or Guardian must sign if entrant is under 18 years of age