



SCENIC 5 MILE RACE

- ◆ Beautiful Scenic 5 Mile Route
- ◆ Musical Entertainment
- ◆ Children's Fun Run
- ◆ CARA Runners' Choice Series
- ◆ Free T-shirt and Refreshments
- ◆ Prize Money and Awards
- ◆ Post Race Food Fest/Pool Party (bring the family!)
- ◆ Race Results Emailed and at www.cararuns.org
- ◆ Shower Facilities
- ◆ Marks and Splits Every Mile
- ◆ Aid Stations at Start, Finish and Along the Route
- ◆ Fire Department Paramedics
- ◆ Marshalls Along the Route

SCENIC 5 MILE RACE

A fast and flat picturesque run beginning Downtown and cruising past the 90 acre Central Park/Wetlands. At 1.5 miles, runners will dive onto the straight, flat and shaded Old Plank Road Bike Trail for another 1.5 miles, then onto the curving streets of Park Forest. The home stretch will be Orchard Dr., passing under the Trail (only significant hills on the course) and finish at Central Park and home of the Village's 4-Pool Aquatics Complex (feel free to jump in). Along the way, townspeople are out in crowds encouraging you, giving water and cheers. You will discover musical surprises all along the route. This picturesque course is a CARA Runners Choice Series Race, and certified by USATF (#IL08085).

Entry form must be at the Recreation & Parks office by September 1, 2010. No race day registration for 5 Mile Race.

Register on-line at www.signmeup.com/67876 and receive a \$2 discount.

Date/Time: Mon., Sept., 6, 2010 - 8:00 a.m.
Entry Fee: \$27 (thru July 31)
\$32 (Aug 1-28)

CHILDREN'S FUN RUN

For children 2-12 years of age. Each runner will receive a T-shirt, number, and a finish medal.

Packet pick-up 7:30 - 9:00 a.m. at the Park Forest Aqua Center (30 North Orchard).

Register on-line at www.signmeup.com/67876 and receive a \$2 discount.

Date/Time: Mon., Sept., 6, 2010 - 9:30 a.m.
Entry Fee: \$10

Kids: 2-6 years
 Kids: 7-12 years

Please note: Children's Fun Run results are not included in the Scenic 5 Mile Awards Ceremony.



REGISTER ON-LINE

Register on-line at www.signmeup.com/67876 and receive a \$2 discount. Check out the Scenic 5 Mile and more... website for up-to-date information at www.villageofparkforest.com.

5 MILE PACKET PICK-UP

Monday, September 6, 2010, 6:30-7:30 a.m.

Packets can be picked up on race day between 6:30-7:30 a.m. at **60 S. Orchard Dr. (Coy's).**

RACE DAY SCHEDULE

Monday, Sept. 6, 2010

6:30 - 7:30 a.m.

5 Mile packet pick-up (at Coy's)

7:30 - 9:00 a.m.

Children's Fun Run packet pick-up (Orchard Dr. in front of Aqua Center)

8:00 a.m.

5 Mile Start (Orchard Dr. & Main)

9:00-10 a.m.

*Music on stage at the Aqua Center

9:30 a.m.

Children's Fun Run (Orchard Dr.)

10:00 a.m.

5 Mile Awards Ceremony at the Aqua Center

**Bring your bathing suit and enjoy a dip in the pool at the Aqua Center!*

POST RACE FOOD FEST/ POOL PARTY

We have some fabulous food lined up after the race. Runners will receive two food tickets in their packets and can purchase additional food items for a nominal price. Come inside the Aqua Center and enjoy music, 5 Mile Awards Ceremony, swimming and more!

VOLUNTEERS NEEDED

If you would like to volunteer please contact our office at (708)748-2005 or email pdyrda@vopf.com.



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

CHRONOTRACK™ D-TAG

A Chronotrack™ D-Tag will be included in your running packet. Runners must wear the Chronotrack™ D-Tag (easily attached to your running shoe) to be an official participant and appear in the results. The Chronotrack™ D-Tag requires no post-race tag turn-in.

Your tag records the time at which you cross the start and finish line.

PROGRESSIVE 1/2 MARATHON

The Park Forest Running and Pancake Club (PFRPC) will run the Progressive 1/2 Marathon in conjunction with the Scenic 5 Mile Race. For more information, visit the PFRPC website at www.pfrpc.com or contact PFRPC President Neal Rock at NealRock50@yahoo.com.

RACE DIRECTOR, BUD JAMES



Race Director of the Park Forest Scenic 10 Mile from 1988 until its end in 2007. Head Coach of Cross Country and Track at University High in Chicago. Has coached national and international level athletes who have competed in the US Olympic Trials, World Championships and international road races. MS Western Illinois University and BS Lock Haven University.



AWARDS

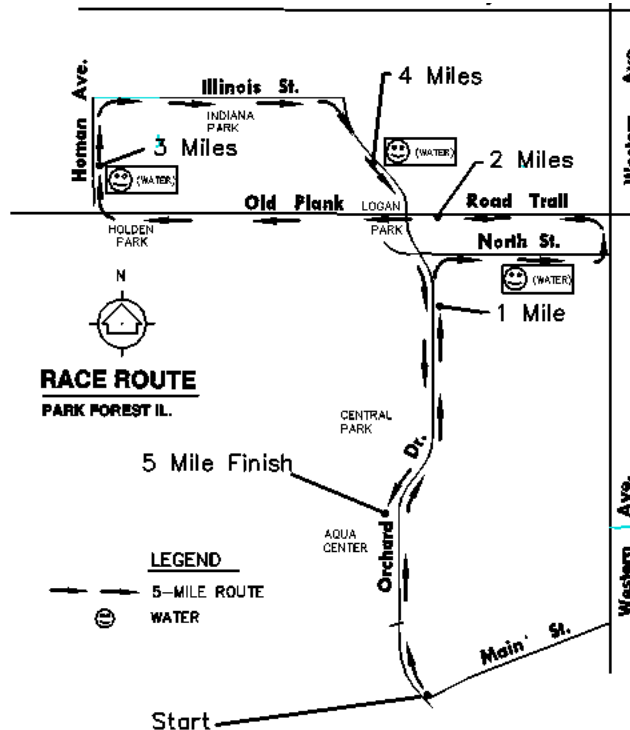
5 Mile Run Awards - 10:00 a.m.

Awards will be given to the top three men and women in ages 0-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-99

Open Men/Women

1st: \$500 2nd: \$400 3rd: \$300

RACE ROUTE



Events Throughout the Day

5K WALK THE WETLANDS

Leisurely walk around the award winning Central Park Wetlands. Enjoy the colorful native plants, 100 species of birds, and nature displays. 5K walk from 9:00 a.m.-11:00 a.m. Complete the 5K walk and receive a prize! Wear appropriate clothing and footwear.



AQUA CENTER EVENTS

- 9 am - Adults' Lap Swim (Ages 18 & older)
- 9 am - Aqua Climb Races (all ages)
- 10 30 am - Kids' Lap Swim (Ages 6-8 & 9-12)
- 11 am - Jr. Lap Swim (Ages 13-17)
- 11:30 am - Treasure Hunt (Ages 1-8)
(Participants must wear a swimsuit to participate.)

POST RACE FOOD FEST/ POOL PARTY

Join us at the Aqua Center for great food, music and swimming!



MAIL ENTRY FORM TO:

Park Forest Scenic 5 Mile and More...
350 Victory Drive
Park Forest, IL 60466

Recreation & Parks Office: 708-748-2005
Fax: 708-503-8560

Photo Policy: Village of Park Forest staff, contracted and volunteer photographers periodically take photos of program participants and visitors. Please be aware that these photos are for Village of Park Forest use only and may be used in future publications, websites and paid advertisements.

DIRECTIONS

From Interstate 294: Exit 80 west to 57 south. On 57 exit east on Sauk Trail and go approximately 3 miles to Lakewood. Turn left and follow Lakewood to the Downtown area.

From #394: Exit west on Sauk Trail and go approximately 6 miles to Orchard. Turn right on Orchard to the Downtown area.

From Interstate 355: Take it south, exit 80 east to 57 south. On 57 exit east on Sauk Trail and go approximately 3 miles to Lakewood. Turn left and follow Lakewood to the Downtown area.



ENTRY FORM Deadline: Must be at our office by September 1, 2010.

Please note: No Race Day Registration for 5 Mile Race.

(One runner per application. Sorry, no refunds! No strollers, roller blades, bikes or dogs.)

Check one

- 5 Mile Race
- Children's Fun Run

**Park Forest Scenic 5 Mile and more...
Monday, September 6, 2010**

PLEASE PRINT

Sex (M/F) ___ Age as of 9/6/10 ___ Birthdate ___ / ___ / ___

Last Name _____ First Name _____ M.I. _____

Street Address _____

City _____ State _____ Zip _____

Home Phone () ___ - ___ - ___ Work Phone () ___ - ___ - ___

e-mail _____

➡CIRCLE ONE: S M L XL Youth(6-8) Youth(10-12) Youth(14-16)



SIGN THIS WAIVER!! (Unsigned waiver will not be accepted)

I, the undersigned hereby, for myself, my heirs, executors and administrators, hereby waive and release any and all rights and claims I may have against the Village of Park Forest, the Illinois Association of USA Track & Field, Chicago Area Runners Association, all sponsors, their representative, successors, assigns, for any and all injuries suffered by me in this event, including pre and post race activities. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and have sufficiently trained to participate, and that I will read and understand the Medical Instructions included in the runner's packet. I grant permission for emergency medical treatment by competent medical personnel at this event. I grant full permission to use photos and records of this event.

Signature of applicant (Parent or Guardian if under 18)

Date

ENTRY FEE Deadline: September 1, 2010

Register on-line at www.signmeup.com and receive a \$2 discount.

Check one: _____ **Paid**

- 5 Mile Race \$27 (thru July 31) _____
\$32 (Aug 1-28) _____
- Children's Fun Run \$10 _____

CARA members deduct \$4 on \$27 or \$5 on \$32

CARA # _____

USATF members deduct \$2 - not cumulative

USATF # _____

**Check or money order to: Village of Park Forest
or charge to:**

___ Visa ___ MasterCard ___ American Express ___ Discover

Card # _____

Exp Date _____

Signature _____

Print full name _____

A \$25 fee will be charged for returned checks.

THANK YOU SPONSORS!



Auto Detailing & Towing
60 S. Orchard Dr
Park Forest, IL 60466
(708)747-3737



PARK FOREST
RUNNING AND
PANCAKE CLUB



Park Forest Scenic 5 Mile and more...
Recreation & Parks Department
350 Victory Drive
Park Forest, IL 60466



Monday, September 6, 2010
8:00 a.m.



"Running to a different drummer"

www.villageofparkforest.com