Winterfest 5K Run and Fitness Walk

29th ANNUAL

Sunday, February 3, 2013

Small Memorial Park Kankakee, IL

Sponsored By:
Court Street Ford
Kankakee Valley Park District
Kankakee River Running Club
Contributing Sponsors:
Coca Cola Enterprises
The Chicago Dough Company
John Panozzo Produce, Rt. 50, Kankakee

Course Description
This is a 2-loop course run on the city streets following the Perimeter of Small Memorial Park and the Kennedy Upper Grade School. Splits will be called at the 1 and 2 mile marks. The finish will be computerized. The accuracy of the course is certified by USA Track & Field.

Race Directors

Rich Olmstead	815-549-9633
E-mail	talkinglvs1@comcast.net
Ken Klipp	815-937-1958

Registration and Staging Area
The Civic Auditorium, located at 8th and Charles Street), is the staging area. Take I-57 or Rt 45 to Rt. 17 (Court Street), and go west across the river to Wall Street (1st light). Go south on Wall to Water Street (stop sign, T-intersection). Turn right, and go two blocks. Race day registration will be from 11:30 a.m. to 12:30 p.m. The race begins at 1:00 p.m.

Run or Walk, and Win $200!
The area high school with the most participants- teachers, students, and staff- will receive a $200 donation for it's athletic department. Tell your teachers students, and staff- February fitness, fun, and funding for your athletic department. Be sure to list your school and whether you are a teacher, student, or staff member on your entry form.($2 discount for ages 18 and under.)

Pre-Registration Mailing
Mail check to Winterfest 5K,
690 S. Wildwood Ave
Kankakee, IL 60901 by
January 31, 2013

Certified Course
Cert. #IL-03092-JW

Entry Form

Name_____

Address_____

City_____**State**_____**Zip**_____

Birthdate_____/_____/_____ **Age on 2/03/13**_____

Phone_____
Area High School_____
(check one) ( ) Student ( ) Teacher ( ) Staff

Gender M_____ **F**_____ **Race Run**_____ **Walk**_____

Pre-Registration Fee

Pre-Registration	$20.00	_____
Race Day Registration	$25.00	_____
Age 18 and under or KRRC & PSRR Members Deduct $2.00		_____
Shirt size (circle) Sm M L XL XXL Add $2.00 (Pre-Registered Only)		_____
Amount Enclosed		_____

You may also register online at : www.signmeup.com/88176

Waiver of Liability
In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, my executors, and administrators, waive and release any and all rights and claims for any damages, loss, liabilities, claims, demands, costs and expenses, which I may now or in the future have against the Winterfest 5K, the City of Kankakee, the County of Kankakee, the Kankakee City Police, Kankakee Valley Park District, Kankakee River Running Club, the Race Directors, and any and all sponsors.
Signature (Parent or Guardian, if entrant is under 18)_____ **Date**_____/_____/_____

Charity

A portion of the proceeds from the Winterfest 5K will be donated to the Salvation Army. Please bring a canned food or non-perishable donation for the food pantry.

Awards

Awards in the running division: Top 3 overall male and female, top male and female masters, proportioned awards in 5-year age groups for male to age 70 and female to age 65. Walking division: awards to the first 25. **Please note:** The fitness walk is on the honor system and for walkers only. If you are going to run any part of the course, you must register as a runner.

T-Shirts

Long-sleeved tech shirts guaranteed to all pre-registered participants.

Refreshments

Coca Cola products from Coca Cola Enterprises
Pizza from The Chicago Dough Company
Apples and bananas from John Panozzo Produce

Continuously Famous
Since 1975
THE CHICAGO DOUGH COMPANY

JOHN PANOZZO PRODUCE INC.
Rt. 50 North Kankakee, IL
815-933-3305

Winterfest 5K
690 S Wildwood Ave
Kankakee, IL 60901

WINNING IS RUNNING THE RACE THAT SATISFIES YOUR SOUL