

Eureka Trail Run 2009

Looking for a trail run that's not too tough or too long? **EUREKA!**
You found it!

When: August 22nd 8:00 AM

Where: Eureka Lake Park Trail, Start/Finish at Lower Lake Park

What: 5K trail run. This is the perfect race for a new trail runner and the experienced trail runner looking for a new experience. The trails are wooded, scenic, and wide on most of the course. No creek crossings.

How much: \$20 gets you a short sleeve tech fabric shirt by BOA (if you register by Aug 10th) This years race coincides with Eureka's Sesquicentennial Celebration, so all participants will receive a **free breakfast** prepared by the Eureka Fire Department. Awards will go to the first place male and female in the following age groups:

13 and under, 14-19, 20-29, 30-39, 40-49, 50-59,60 and over AND for our friends in the Clydesdale Division we'll have 1st for the 200 lb and above runners.

Questions? Contact **Dave Tapp** at 309-264-4773 or email tappd@district140.org

*Make checks **payable to IVS-CITRA** and mail to: **Eureka Trail Run**
c/o Dave Tapp
2103 Oak Dr
Eureka, IL 61530

Directions: From Old Rt. 24 turn east on Lake Rd and go two miles until you see the Lower Lake entrance, follow the signs to the start/finish area. From Rt. 117 turn west onto Lake Rd. and then take the first right (Lower Lake entrance).

Registration and Waiver Information on Back

Registration and Waiver Information

Name: _____ Gender: ____ Age: ____ Clydesdale: Y N

Address: _____ Shirt size: S M L XL

Race day registration is allowed, however, you may not get a race shirt.

Waiver must be signed and dated for application to be accepted.

I know that running a trail race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions trail, encounters with wild or domestic animals, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the race directors and volunteers, Illinois Valley Striders, Jerry Yoder, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to race management to use any photographs, recordings, or other records of my participation in this event for any legitimate purpose. I also understand that the race director has the right to refuse any entry, and that my registration fee is **non-refundable**.

Signed: _____ Date: _____

Parent signature if under 18 yrs old: _____

Emergency contact: _____ Ph# _____