

## ***Race Features***

USATF-certified #IL-04086-JW

Splits announced at miles 1 & 2

Flat, fast, 2-lap course through quiet residential area

Electronically timed

Four opportunities for water

First Aid station

Commemorative Race T-shirts

Post-race refreshments

Awards Ceremony



# **SUGAR GROVE**



5K  
Run/  
Walk

# **CORN BOIL**

## **Sugar Grove Corn Boil**

## **5K Run/Walk**

Saturday

July 30, 2011

7:30 am

**Sugar Grove Park  
District**

**61 Main Street  
Sugar Grove, IL**



## ***Race Day Schedule***

6:15-7:15 am	Packet Pickup & Registration
7:15 am	Stretch & Warm Up
7:30 am	Runners Start
7:35 am	Walkers Start (Walkers will not be timed)
8:30 am	Awards Ceremony
10:00 am	Attend Corn Boil



Sugar Grove Park District  
61 Main Street  
Sugar Grove, IL 60554



Check in at RACE HEADQUARTERS—the Park District office - before the race.

## Awards

Awards will be given to overall winners in the Male and Female Runner divisions. Awards will also be presented to the top three male and female runners in each age division: ages 12 & under; 13-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 & over.

## Race Results

Results will be posted on race day. Results cards will be available to all finishers on race day and mailed if not picked up. Results will be posted within 12 hours at [racetime.info](http://racetime.info); and at [chicagoaa.com](http://chicagoaa.com).

## Other Information

Splits will be announced at the 1- & 2-mile markers. Water and first aid stations will be available. Please, no dogs, roller blades, skateboards, or bicycles. Strollers only permitted with walkers.

Walkers will not be timed. Walkers will line up behind runners and will start 5 minutes after runners.



## Entry & Check In

Pre-registration Race Fee: \$20 until July 15

**Now, you can register online at [www.sgparks.org](http://www.sgparks.org)**

Race Day Fee: \$25

Registration & Packet Pickup: 6:15-7:15 at

Sugar Grove Park District  
61 Main Street  
Sugar Grove, IL 60554



## Directions

I-88 west to Route 56 (Sugar Grove exit) . 2 miles to Route 47 South. West on Cross Street. North on Main to Sugar Grove Park District.

Sugar Grove is 5 miles west of Aurora.



## Parking

Parking located at the Community House, 85 Main Street; Sugar Grove United Methodist Church, 176 Main Street; and south of the railroad tracks on Main Street..



## Stay for the Festival Fun

The 5K Run/Walk is held during the Sugar Grove Corn Boil. After the race, plan to stay for crafts, live music, food, games, and more.

For more information about the Sugar Grove Corn Boil go to [www.sugargrovecornboil.org](http://www.sugargrovecornboil.org).



## Contact Us

For additional information, call 630-466-7436 ext 12 or e-mail [info@sgparks.org](mailto:info@sgparks.org).

**Sugar Grove Park District**  
**61 Main Street**  
**Sugar Grove, IL 60554**



Online registration available at [www.sgparks.org](http://www.sgparks.org)

## Registration Form



**Race Day:  
Saturday, July 30, 2011**

Name: \_\_\_\_\_

Raceday Age: \_\_\_\_\_ D/O/B: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone: \_\_\_\_\_

Shirt Size: Adult S M L XL XXL

Sex: M / F

Entries Payable to : Sugar Grove Park District  
61 Main Street  
Sugar Grove, IL 60554

**Race Fee: \$20 until July 15; \$25 after**

The Sugar Grove Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Sugar Grove Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants/guardians of minors registering for the 5K Run/Walk must recognize that there is an inherent risk of injury when choosing to participate in running/walking events. You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for road race participation. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity. You are also solely responsible for selecting and wearing personal protective equipment.

Please recognize that roadways are maintained and intended for motor vehicle use and not pedestrian use. Therefore, surface irregularities and other hazards that do not pose safety risks to motor vehicles, may pose risks to joggers and walkers. Prior to the 5K Run/Walk, all participants should familiarize themselves with the event route, paying close attention to surface irregularities and other potential dangers. Participants should also familiarize themselves with traffic patterns, check points, and all first aid and water stations. *Most important, remember that this is a voluntary recreational activity. Never compromise your safety in the name of competition.*

### Warning of Risk

Running and power walking are intended to challenge and engage the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including death. Understandably, not all hazards and dangers can be foreseen. The very nature of road racing is hazardous and risky, including but not limited to overexertion, dehydration, slip and falls, collisions with other participants, the effects of weather, dangerous conditions of the road, being struck by a vehicle or bicycle, lack of good physical conditioning, poor training technique, and all other circumstances inherent in running/walking events. In this regard, it must be recognized that it is impossible for the Sugar Grove Park District to guarantee absolute safety.

### Waiver and Release of All Claims and Assumption of Risk

*Please read this form carefully and be aware that in signing up and participating in the 5K Run/Walk, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this event.*

I recognize and acknowledge that there are certain risks of physical injury to participants in the 5K Run/Walk, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child/ward or I may sustain as a result of participating in any and all activities connected with or associated with the 5K Run/Walk. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in the 5K Run/Walk against the Sugar Grove Park District including its respective officials, agents, volunteers and employees (hereinafter collectively referred to as "Parties").

I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with the 5K Run/Walk. I further agree that this agreement shall be governed by the State of Illinois.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering online or via fax, my online or facsimile signature shall substitute for a and have the same legal effect as an original form signature.

PLEASE PRINT: Participant Name: \_\_\_\_\_

If participant is under 18, guardian name: \_\_\_\_\_

PLEASE SIGN: Participant/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Sugar Grove Corn Boil

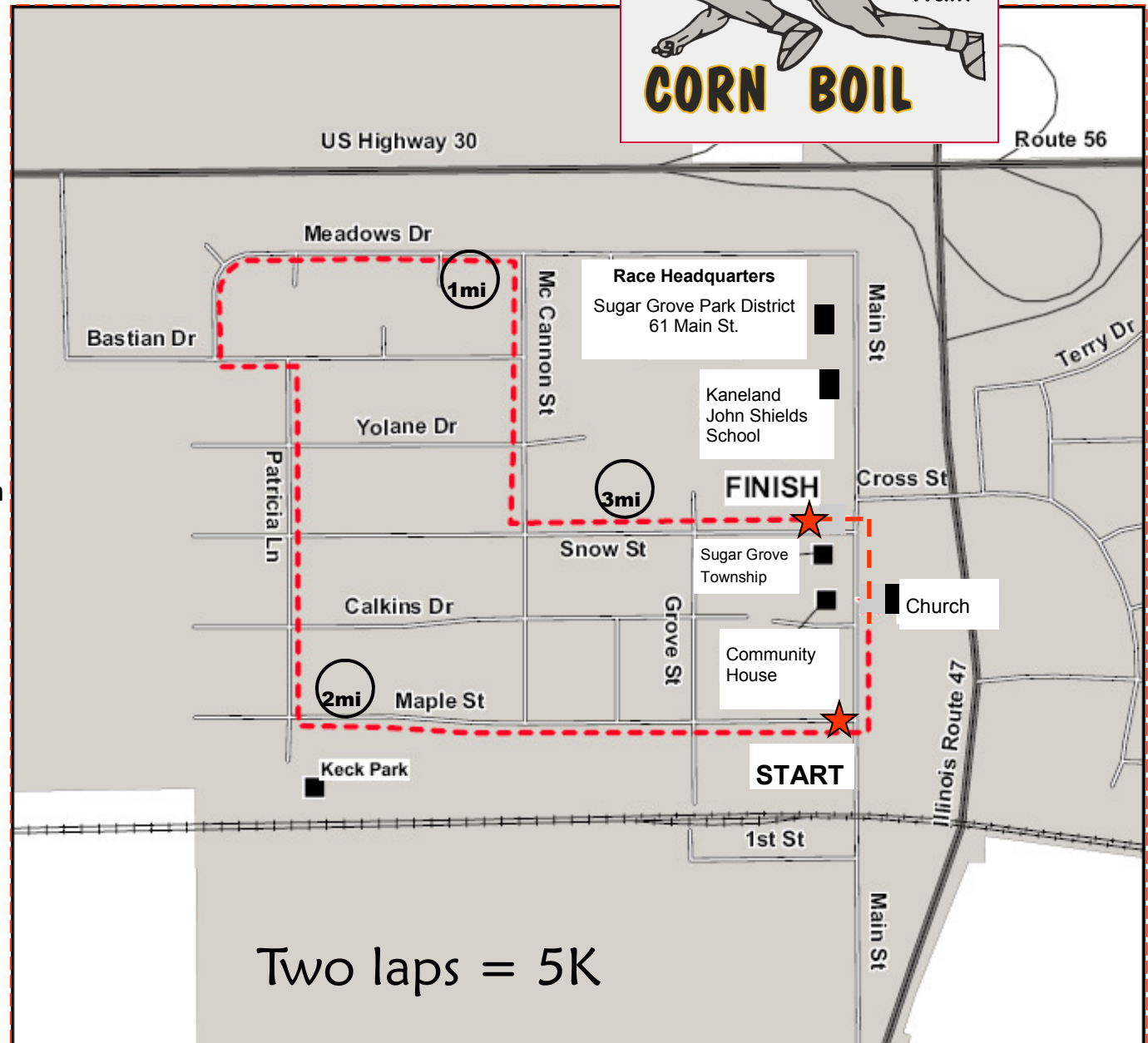
## 5K Run/Walk

### Route Map



#### ROUTE:

- Check in at Sugar Grove Park District, 61 Main Street
- Start at the corner of Main & Maple Streets
- West on Maple to Patricia Lane
- Turn right on Patricia to Bastian
- Turn right on Patricia to Bastian
- Left on Bastian to Meadows Dr.
- Right on Meadows to McCannon
- Right on McCannon to Snow St.
- Left on Snow St. to Main St.
- Right on Main St. to Maple St.
- Repeat the route again.
- Finish is in front of the Sugar Grove Township Building on Snow Street.



Two laps = 5K

