

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 24, 2010

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



Race headquarters has changed! Do not go to the Community House. Check in at the Park District office.

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; and at 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 17

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.



Contact Us

For additional information, call 630-466-7436 ext 12 or e-mail info@sgparks.org.

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



July 24, 2010, Saturday

Sugar Grove Corn Boil 5K Run/Walk

Name: _____ Sex: M / F Raceday Age: _____

Mailing Address _____ Email _____

City, State, Zip _____ Phone: _____

Shirt Size: Adult S M L XL XXL

Race fee: \$20 until July 17; \$25 after

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



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 and parents/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 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 on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

PLEASE PRINT Participant's Name _____ Date: _____

Participant's Signature _____

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
- 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 Library on Snow Street.

