



Germantown Hills Fire-Rescue Challenge

Saturday, October 24, 2009

5,000 Meter/3.1mile Run/2.5mile Walk

PLACE: Germantown Hills Fire Department (313 Prairie Ave. Germantown Hills, Illinois 61548)
(Germantown Hills is 10 miles North East of Peoria, IL on State Rout 116)

TIME: **5,000 METER BEGINS 7:30 AM, CST TIME (Race packets may be picked up at 6:30 AM.)**

COURSE: A flat blacktop surface. GHFD controlled traffic.

FACILITIES: Restrooms and Showers available at Fire House

ENTRY FEE: **A \$10.00 entry fee up until October 9th. After October 9th, entry fee is \$15.00.**

SHIRT: **Race Shirt can be ordered for \$8.00 until October 9th.**

AWARDS: Handsome Trophy for top three male and female and first three places in each division

AID STATIONS: Appropriately spaced along 5,000-meter route. Post race drinks to all runners.

GENERAL INFORMATION: Split times given. Award ceremony at approximately 9:00 AM. **FINISH RESULTS WILL BE AVAILABLE ON IVS WEBSITE THE FOLLOWING WEEK <http://ivs.org/>**

INFORMATION: *You are encouraged to register BEFORE race day. Registration form available at Germantown Hills Fire Department and on line at <http://ivs.org/> click on the race calendar*

EVENT

* * * * * 5,000 METER * * * * *

Boys 14 & under	Men 30 to 39	Girls 14 & under	Women 19 to 29
Boys 15 to 18	Men 40 to 49	Girls 15 to 18	Women 30 to 39
Men 19 to 29	Men 50 to 59		Women 40 to 49
	Men 60 & Over		Women 50 & Over

Fire-Rescue Challenge

Team of Three or more from one Fire or Rescue Agency to run entire race (normal running apparel, turn out gear not required). Times from Three fastest team members will be summed. Fastest department will win trophy along with bragging rights.

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ENTRY BLANK

Waiver and Release

The signing of this entry blank and the participation in Germantown Hills Fire-Rescue Challenge is with full knowledge of the risks involved there in and the undersigned individually and/or as parent or guardian assumes the risk of any injury, sickness or health defect including death, resulting from or received during participation in the races, and further releases and agrees to save harmless the Germantown Hills Fire-Rescue Challenge, it's committees, and sponsoring and assisting agencies, and individuals from any liability, damage, claim or judgment that may result from or arise out of the participation of the participant in this race.

PLEASE PRINT: Last Name _____ First Name _____

Age _____ Sex _____ Birth Date _____ Check if member of Fire-Rescue: Department: _____

Address _____ City, State, Zip _____ Phone _____

Signature _____ Parent's signature if under 18 _____

Shirt Sizes Child S M L Adult S M L XL XXL

Drop in person or Send entry blanks to:
Kit Minnich, c/o Germantown Hills Fire Department 313 Prairie Ave.
Germantown Hills, Illinois 61548
Phone 309-383-4890 (Make checks payable to: GHFD Association)

Race entry fee: \$ _____	(\$10 / \$15 after Oct 9 th)
Optional Shirt: \$ _____	(\$8 before Oct 9 th)
Total: \$ _____	