

FRONTIER DAYS STAMPEDE RUN

Date: Sunday, July 4, 2010

Times: 6:15 a.m. Race Day Registration
 7:15 a.m. Registration Closes
 7:30 a.m. 5K Run & 10K Run
 7:35 a.m. 5K Fitness Walk
 9:00 a.m. Kids ¼ Mile Dash



Courses: The 5K & 10K will be the same routes as last year.

Flat and fast routes through residential areas. Strollers, baby joggers, etc., are permitted for the 5K Fitness Walk only.

Both the 5K & 10K routes are USATF certified. Specific race routes are posted at www.frontierdays.org

Aid stations with Gatorade and water will be provided. A DIGITAL TIME CLOCK will be posted at each mile marker on the course.

Starting Line: Miner School
 1101 E. Miner Street
 Arlington Heights, IL

Finish Line: Recreation Park
 500 E. Miner Street
 Arlington Heights, IL
 (Note: Finish line is approximately 4 blocks from starting line.)

Kid's ¼ Mile Dash will start and finish at Recreation Park!

Packet Pick-Up: Race packets may be picked up Fri(7/2), or Sat(7/3) at Runner's High 'n Tri, located at 121 W. Campbell St., Arlington Hts. or on Race Day starting at 6:15 a.m. at Miner School. Go to www.runnershigh-n-tri.com for store hours and map of store location.

Gear Check: We provide a secure mobile Gear Check. Check your gear near the start line & pick it up at the finish line.

Premiums: All 5K & 10K participants will receive a Technical T-Shirt (Sytre Moisture Management Fabric). These shirts are sized **SMALLER** than regular cotton T-Shirts.

Kids Race entrants will receive 100% cotton t-shirts.

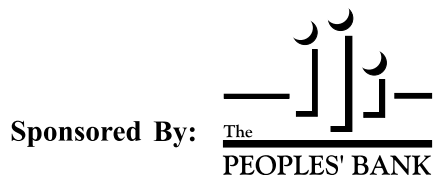
Awards: The top overall Male and Female runner in the 5K & 10K races will receive award and a \$50.00 Gift Certificate to Runner's High 'n Tri. Top three Male and Female in each standard age group will receive a race theme drinking glass.

All kids will receive "Finisher Ribbons" for participating in the ¼ Mile Kids Dash.

Race Results: Will be posted at www.frontierdays.org – follow the links.

Misc.: No refunds. Exchange of applications and bib numbers is prohibited.

Questions: Contact Race Director at (847)577-8572 or e-mail questions to craigwcarlson@comcast.net



FRONTIER DAYS STAMPEDE RUN OFFICIAL ENTRY FORM

SAVE TIME BY REGISTERING ON LINE: www.signmeup.com/70359 (CREDIT CARD ONLY)

HERE'S WHAT YOU NEED TO DO:

- Pick the race you want to run
- Complete the registration form
- Read and sign the participant waiver
- Pick a T-shirt size
- Enclose a check or money order made out to FRONTIER DAYS INC.
- Mail this entry form with your payment to:

Frontier Days Stampede Run
P.O. Box 177
Arlington Heights, IL 60006-0177

Waiver and Release

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child(ren)/ward and/or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my child(ren)/ward may be entitled to (or accrue to me or my child(ren)/ward) as a result of participating in these programs/ activities.

I do hereby fully release and forever discharge Frontier Days, Inc. from any claims, for injuries, damages or loss that my minor child(ren)/ward or I may have or which may accrue to me or my minor child(ren)/ward and arising out of, connected with, or in any way associated with these programs/activities.

Further, I hereby grant full permission to any and all of the foregoing to use any photograph, motion pictures, recordings or any other record of the event for any legitimate purpose, including commercial advertising without monetary payment to me or my child(ren)/ward.

I understand that headphones, roller blades, bikes, dogs & cats are not allowed on the racecourse and I will abide by this guideline. Stollers, baby joggers, etc., will be allowed for the 5K Fitness Walk ONLY. For further information, call the race director at (847)577-8572.

Signature of Applicant

Date

Signature of Parent or Legal Guardian on behalf of minor child(ren) (for participants under 18 years of age)

Date

PICK T-SHIRT SIZE

Adult Men's Adult Women's

Small	<input type="checkbox"/>	Small	<input type="checkbox"/>
Medium	<input type="checkbox"/>	Medium	<input type="checkbox"/>
Large	<input type="checkbox"/>	Large	<input type="checkbox"/>
X-large	<input type="checkbox"/>	X-large	<input type="checkbox"/>
XXL	<input type="checkbox"/>	XXL	<input type="checkbox"/>

Youth Sizes (100% Cotton)

Small 6/8	<input type="checkbox"/>
Medium 10/12	<input type="checkbox"/>
Large 14/16	<input type="checkbox"/>

Tech Shirts
 Shirt sized **SMALLER**



RACE TYPE:	RACE FEE:	
	Post Marked before 6/27	Post Marked after 6/27
10K RUN <input type="checkbox"/>	\$25	\$30
5K RUN <input type="checkbox"/>	\$25	\$30
5K FITNESS WALK <input type="checkbox"/>	\$25	\$30
¼ MILE KIDS DASH <input type="checkbox"/>	\$10	\$15

Last Name _____ First Name _____ M.I. _____

Address _____ Sex _____

City _____ State _____ Zip _____

Phone Number _____ E-mail _____

Date of Birth _____ Age on Race Day _____

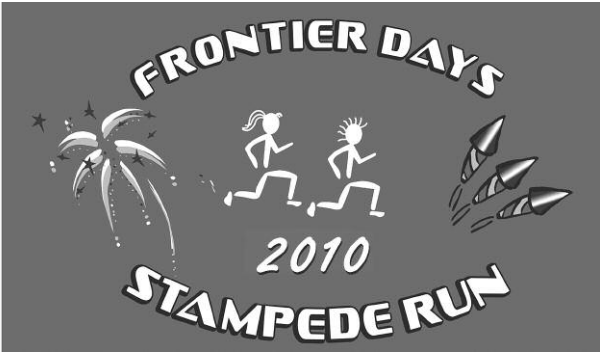


RACE NUMBER

OFFICIAL USE ONLY

NON-PROFIT ORG.
 US POSTAGE
PAID
 PALATINE, IL
 PERMIT NO 2472

FRONTIER DAYS, INC.
 P.O. Box 177
 Arlington Heights, IL 60006-0177



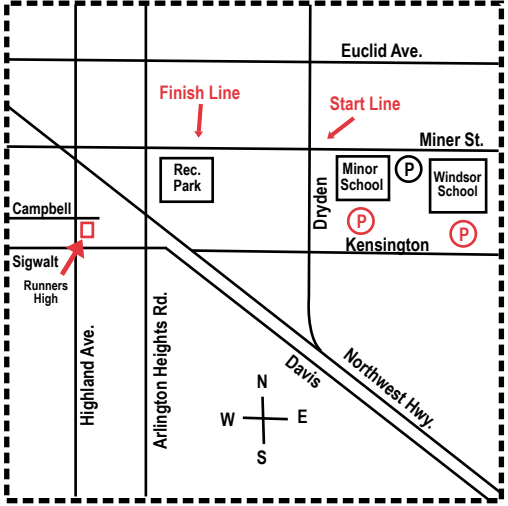
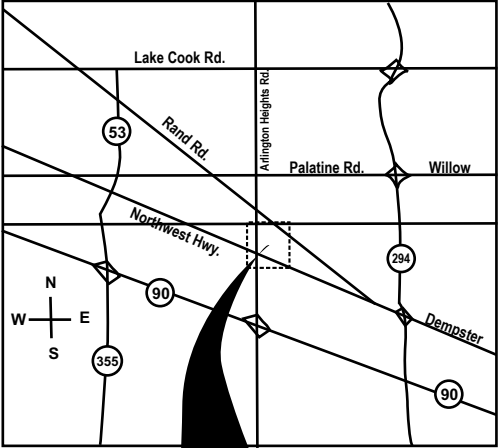
10K Run
5K Run
5K Fitness Walk
Kids 1/4 Mile Dash

Sunday, July 4
Start Time - 7:30 A.M.

*Start The Day
 With a Bang*



Here's how to get to the race



(P)=Parking

www.frontierdays.org
www.runnershigh-n-tri.com