

Date: Sunday, March 14, 2010
Rain or Shine

Location: Bettenhausen Recreation Center
8125 W. 171st St., Tinley Park, IL 60477

Time: Race will start promptly at 8:00 a.m.
Registration will be from 7:00 - 7:45 a.m.

Distance: 8K - 4.97 mile run.

USATF Certified: Yes. Chip timed.

Age Categories:

A: 14 & Under	E: 31-35	I: 51-55
B: 15-19	F: 36-40	J: 56-60
C: 20-25	G: 41-45	K: 61-65
D: 26-30	H: 46-50	L: 66 & Over

Course: Residential area, on street, mostly flat course.

Split Times: Split times will be announced at the 1 and 4 mile mark.

Refreshments:

Refreshments will be available: juice, coffee, water, fresh fruit, snack bars and fresh bakery.

T-Shirts:

Shirts will be awarded to the first 450 registered.

Awards:

Awards will be presented to 1st, 2nd and 3rd best times in each category - both male/female. One award will be presented to the best overall time male/female, resident and non-resident.

Entry Fee:

Pre-registration: \$17.00 (closes March 10)
\$22.00 race day.

Registration:

Mail-in, walk-in or on-line registration accepted until March 10 at 10:00p.m. Registration re-opens at 7:00a.m. on race day at the Bettenhausen Recreation Center.

Walk-in/ Tinley Park-Park District
Mail in: 8125 W. 171st St., Tinley Park, IL 60477

Registration Hours:

Monday-Friday	Saturday	Sunday
7a.m. - 10p.m.	8a.m. - 8p.m.	8a.m. - 5p.m.

Prior participants may register on-line at www.tinleyparkdistrict.org

NO REFUNDS WILL BE ISSUED !

Packet Pick-Up:

Pre-registered runners may pick-up their packets on or after March 3.
Packet pick-up ends March 10 at 10p.m.

Results:

Available at www.tinleyparkdistrict.org following the race.

Tinley Park-Park District Official Entry Form

Name _____ Home Phone () _____ Work Phone () _____

Address _____ City/State/Zip _____

Birthdate ____/____/____ Age as of March 14, 2010 _____

Sex	Age Category			T-Shirt Size(check one)
<input type="checkbox"/> male/ 106606	<input type="checkbox"/> A: 14 & Under	<input type="checkbox"/> E: 31-35	<input type="checkbox"/> I: 51-55	Adult
<input type="checkbox"/> female/ 106607	<input type="checkbox"/> B: 15-19	<input type="checkbox"/> F: 36-40	<input type="checkbox"/> J: 56-60	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL
	<input type="checkbox"/> C: 20-25	<input type="checkbox"/> G: 41-45	<input type="checkbox"/> K: 61-65	
	<input type="checkbox"/> D: 26-30	<input type="checkbox"/> H: 46-50	<input type="checkbox"/> L: 66 & Over	

Fee Enclosed (Circle One): \$17.00 prior to race day • \$22.00 on race day

Make checks PAYABLE TO: "Tinley Park-Park District" • NO REFUNDS

MAIL TO: Tinley Park-Park District • 8125 W. 171st Street • Tinley Park, IL 60477

WAIVER & RELEASE FORM

Please read this form carefully and be aware that, in signing up and participating in Tinley Park-Park District programs, you will be waiving and releasing all claims for injuries, arising out of these programs, that you or the other named participants might sustain. The terms "I", "me", and "my", also refer to parents or guardians as well as participants in the programs. In registering for these programs, you are agreeing as follows:

As a participant in these programs, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss which I may sustain as a result of participating, in any manner, in any and all activities with or associated with such program. I further recognize and acknowledge that all athletic activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risks of injury.

I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against the Tinley Park-Park District, any and all other participating or cooperating governmental units, any and all independent contractors, officers, agents, servants and employees of the governmental bodies and independent contractors, and any and all other persons and entities, of whatever nature, might be directly or indirectly liable for any injuries that I might sustain while participating in these programs. (The parties described in the preceding sentence are referred to as "release parties" in the remainder of this Agreement.)

I do hereby fully release and discharge the Tinley Park-Park District and the other released parties from any and all claims for injuries, damage or loss which I may accrue to me on account of my participation in these programs.

I further agree to indemnify, hold harmless and defend the Tinley Park-Park District and all other released parties, from any and all claims resulting from injuries, damages and losses sustained by anyone, and arising out of, connected with, or in any way associated with my conduct and the activities of these programs.

I further understand and agree that the terms such as "participation", "programs", and "activities", referred to in this Agreement, include all exercises and physical movements of any nature while I am participating in these programs and further include the provision of or failure to provide proper instructions of supervision, the use and adjustment of any all machinery, equipment, and apparatus, and anything related to my use of the services, facilities, or premises involved in these programs, and transportation to and from any events.

I understand the nature of these programs for which I am registering and have read and fully understand the Waiver, Release and Hold Harmless Agreement. I further understand that any advisements or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become a part of this Agreement.

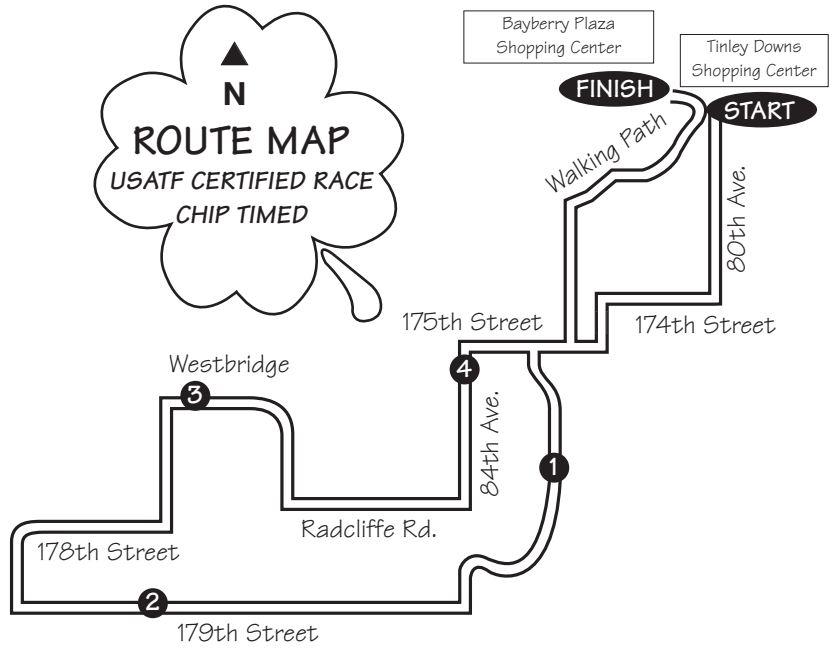
Signature _____ Fee _____ Date _____

Parent or Guardian MUST sign if Participant is under the age of 18

FOR OFFICE USE ONLY

RACE # _____

**RUNNING
O' THE GREEN**
 8K Run - 4.97 Miles
 SUNDAY, MARCH 14, 2010
 Bettenhausen Recreation
 Center 8a.m.
 8125 W. 171st Street
 (708) 342-4200



RUNNING O' THE GREEN
 8K - 4.97 MILE RUN
 Tinley Park-Park District's First Annual

PRESORTED
 STANDARD
 U.S. POSTAGE
PAID
 PERMIT NO. #51
 TINLEY PARK, IL

TINLEY PARK-PARK DISTRICT
 8125 W. 171ST STREET
 TINLEY PARK, ILLINOIS 60477

2010



**RUNNING
O' THE GREEN**



Bettenhausen Recreation Center 8a.m.
 Sunday, March 14, 2010