

THANKSGIVING DAY 5K RUN / WALK

WHEN	Thursday, November 22, 2018, 8 A.M. Start; (Rain, Snow or Shine)	
WHERE	Lippold Park, Crystal Lake, IL; 851 W. IL Route 176; About 1/2 mile west of the intersection of US Route 14 & IL Route 176	
DISTANCE & COURSE	5K (3.1 miles) certified course with markers every 1/2 mile; flat & mostly crushed limestone path	
WAIVER & RELEASE	In order to participant in this event all participants must complete and sign the Application and Weaver & Release	
REGISTRATION	Running Depot, Saturday, 11/17/2018 from noon to 3 PM Running Depot, Wednesday, 11/21/2018 from noon to 3 PM Lippold Park, Thursday, 11/22/2018, from 6 AM to 7:30 AM	
DONATION	Voluntary monetary or non-perishable food donations will be accepted. Checks should be made payable to the Crystal Lake Food Pantry. Food donations only accepted on race day at Lippold Park. <u>WE STRONGLY SUGGEST THAT YOU MAKE A MONETARY DONATION BY CHECK BECAUSE THE FOOD PANTRY IS ABLE TO PURCHASE APPROXIMATELY 7 TIMES MORE FOOD WITH YOUR \$ DONATION THAN YOU COULD PURCHASE INDIVIDUALLY. ALL CHECK DONATIONS, THAT HAVE A POSTAL ADDRESS ON THE CHECK WILL RECEIVE AN ACKNOWLEDGEMENT OF THEIR DONATION.</u>	
RESULTS	There will be 2 display clocks at the finish to record your own time	
AWARDS	\$100 gift certificates for the first place male & female finishers	
CONTACTS	The Running Depot, Phone: 815-788-9755 www.therunningdepot.com	Bob Walsh Phone: 815-715-3855 bobwalshnd@att.net
	Brenda Napholz Phone: 815-557-6734 tbnappy@comcast.net	Jerry Sullivan Phone: 815-245-5122 sullivan570@sbcglobal.net

The Thanksgiving Day 5 K Run/Walk is presented by
The Hillstriders Running Club
www.hillstriders.com