



St. Clair County Bar Association and Olympian Craig Virgin
are pleased to announce the

5th Annual Law Day 5k Run/Walk 1k Youth Fun Run



Sat. April 29, 2006 - 9:00am Historic Downtown Belleville, IL
Beneficiary: Land of Lincoln Legal Assistance Foundation

Registration & Packet Pick Up:

Early Packet pick-up/late entry at Downtown Belleville YMCA on Friday 4/28 from 3-7pm. Day of race from 7-8:45 am in the municipal parking lot at the Corner of East "A" and N. High St. just one block east and one block north of the St.Clair County Courthouse & the Belleville city fountain at 159 and Main St.

Entry Fees:

Early registration (postmarked by 4/24/06) \$15.00, \$20.00 for late registration or day of event. Youth Entry fee 5k or 1k, 18 & under \$10.00. Please make checks payable to Law Day Run & mail to: Front Runner Inc., P.O. Box 215, Lebanon, IL 62254.

Schedule:

5k Run/Walk start: **9:00am** 1k Youth Fun Run start: **9:45am** Awards: **10:10am**

Age Categories & Awards:

Overall male & female; Masters male & female; Trophies 3 deep male & female in each group; 18 & under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+. **1 Allegiant Air ticket plus a 6 months YMCA membership** to our Overall & Masters champions. **3 months YMCA membership** and **Law Day cap** to all age category champions. All 1k youth participants receive a **commemorative medal** at the finish line.

Post-Race Party:

Music provided by our DJ, Al Gerdes. **FREE MICHELOB ULTRA AMBER Beer** for all participants 21 and over. Free **180 ENERGY DRINK**, coffee, water, bagels, sub sandwiches and fruit. Free use of portable climbing wall and inflatable bouncer for youth provided by the **YMCA of Southwest Illinois**. Free YMCA day pass/shower to all entrants.

For further information contact Angie Vassen: avassen@aol.com or Craig Virgin: Front Runner Inc. 618-537-9500

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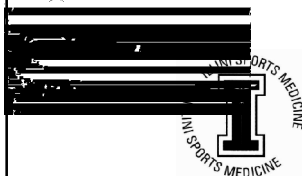
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Name _____

Address _____

City/State/Zip _____

Age as of (4/29/06) _____ Sex (M) _____ (F) _____

Pick one: 5k 1k (13 and under)

Phone (day) _____ (night) _____

Email Address _____

T-Shirt Size (circle one) **S M L XL XXL**

MANDATORY WAIVER (ALL PARTICIPANTS MUST SIGN): I know that running/walking a good race is a potentially hazardous activity. I should not enter unless I am properly trained, medically able and take into account any pre-existing medical conditions. I assume any and all risks associated with this event including but not limited to: falls, contact with other participants or traffic, the effects of the weather, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the St. Clair County Bar Association, Craig Virgin, Front Runner, Angela Vassen, Land of Lincoln, YMCA of Southwest Illinois, the City of Belleville, St. Clair County, its sponsors, members, employees and all other organizations and persons connected with this event. They are not held liable or responsible for any injuries which I may suffer while taking part in this event, or as a result thereof. In this connection, I hereby waive any claim for damages to my person or property. I grant full permission for organizers to use photographs, videotape or motion pictures of me, and/or quotations from me in legitimate accounts and promotions of this event.

No refunds are available. Event will be held rain or shine.

Signature _____

Date _____

Participants under 18 must have this form signed by a parent or legal guardian.

Special Assistance provided by:

