

Attention Cross Country Runners!

ILLINOIS RUSH CROSS COUNTRY INVITATIONAL



Saturday, November 2, 2013

- **Where:** Settler's Park – 24403 W Lockport Street - Plainfield, IL 60544
- **Entry:** Runners (male and females) ages 5 years and older.
Adult runners welcome to run in the Open Race which is 3000 meters!

• Events Schedule:

Course Walk	-----	9:00 am	Course Walk
Age Division	Birth Year	Race Time	Race Distance
Open (15 yrs. & older)	1997 and before	9:45 am	3000 meters
Girls (8 yrs. and under)	2005 and before	10:20 am	2000 meters
Boys (8 yrs. and under)	2005 and before	10:40 am	2000 meters
Girls (9 & 10 yrs.)	2003 & 2004	11:00 am	3000 meters
Boys (9 & 10 yrs.)	2003 & 2004	11:30 pm	3000 meters
Girls (11 & 12 yrs.)	2001 & 2002	12:00 pm	3000 meters
Boys (11 & 12 yrs.)	2001 & 2002	12:30 pm	3000 meters
Girls (13 & 14 yrs.)	1999 & 2000	1:00 pm	4000 meters
Boys (13 & 14 yrs.)	1999 & 2000	1:00 pm	4000 meters
Kids Fun Run		1:30 pm	800 meters

- **Event Cost:** \$8.00 per runner. (*Fun Run cost \$3.00 per runner.*)
Both USATF/AAU and non-USATF/AAU runners may compete in this event.
- **Registration/Check-in:** 8:45 a.m. 9:30 a.m.
- **Coordinator:** Coach Nicole (815-556-9650 / *email:* coach.nicole.lincoln@gmail.com)

SPONSORED BY Illinois Rush Track Club

*All runners will receive a FREE reading book of their choice.
Proceeds go to the Illinois RUSH Track Club Youth J/O Travel Grant.*

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Illinois Rush Cross Country Invitational - November 2, 2013

Individual Entry Form

Name _____ Sex M or F Birth Date _____

Address _____

City _____ State _____ Zip Code _____

Age Division of Race Entered _____ USATF # _____

Team or Club Affiliation (if any) _____

Early entry race fee is \$6.00. Entries postmarked after October 25, 2013 are \$8.00 and do not receive a discount.

In consideration of acceptance of my entry, I hereby for myself, my heirs, executors, and my administrators waive, release and forever discharge any and all claims for damages which I may have or accrue to me against Illinois Rush Track Club, Plainfield Park District (Settlers Park), and the City of Plainfield, all cooperating agencies their representatives, agents, and or assignees for any and all damages which may be sustained by me in travel to, participation in and returning from the 2013 Illinois Rush Cross County Invitational Meet.

Signature of Participant _____ Date _____

Notice for parents and/or legal guardians of minor children: a parent or guardian of the child MUST sign the following:

I, parent and/or legal guardian of the above named participant, in consideration of acceptance of this entry, here join and confirm the above waiver and release. I further certify that my son/daughter/ward has listed here his/her true date of birth and is in good health to participate in this event.

Signature of Parent/Guardian _____ Date _____

Directions to the Illinois Rush Cross Country Invitational: **Settlers' Park - 24403 W Lockport St, Plainfield, IL**

**From I-39:
(From Rockford)** Take I-39 S/US-51 S for 23 miles to exit 97 A to merge onto I-88 E (toll road – no tolls needed!) for 30 miles. Take exit IL-47 and turn right heading south for 13 miles. Turn left onto IL-126 E/E Schoolhouse Rd for 12 miles. Turn right onto Van Dyke Road. Turn left on W Village Center Drive for parking lot. If lot is full, there is designated street parking available as well.

**From I-88:
(From Naperville)** Take IL-59 South for 28.7 miles. Turn right onto Lockport Street and go ½ mile to Van Dyke Road. Turn left onto Van Dyke Road. Turn left on W Village Center Drive for parking lot. If lot is full, there is designated street parking available as well.

**From I-55:
(From Dwight)** Take I-55 North to exit 251 which is IL-59 North. Head north on IL-59 for 7.3 miles. Turn left onto Lockport Street and go ½ mile to Van Dyke Road. Turn left onto Van Dyke Road. Turn left on W Village Center Drive for parking lot. If lot is full, there is designated street parking available as well.