

Hawthorn Woods 5k/10k Run/Walk

Sunday, June 21, 2009

At Heritage Oaks Park

7:30 AM



A portion of the proceeds from this event will benefit the Hawthorn Woods Women's Club, a local non for profit, that serves women and children in Lake County. To learn more, please go to:

www.hwwc.info.



TRADER JOE'S



3-2-1GO! Event Promotions, Inc.
9 Winding Branch Rd. • Hawthorn Woods, IL 60047
www.321goevents.com



Hawthorn Woods
Family Dental Care and Orthodontics
Dr. John Edgar, Dr. Jeffrey Copeland
and Dr. Shaun Varghese

Toll Brothers
America's Luxury Home Builder®

2009 Event Information

Location

The event will be held at Heritage Oaks Park in Hawthorn Woods. Heritage Oaks Park is located on the East side of Fairfield Rd., one mile North of Old McHenry Rd.

NEW Course!

USATF certified course will start and end at Heritage Oaks Park similar to 2008. However, after starting at the park, the course this year will transition onto the streets running through the Hawthorn Woods Country Club. Half way through, 5k participants will loop around and head back towards the park while 10k participants will continue through the Hawthorn Woods Country Club. All participants will finish the course with a loop around the lake at Heritage Oaks Park.

Entry Fee	5k	10k
Before June 8, 2009	\$20	\$25
On or after June 8, 2009	\$25	\$30

Cut along
dotted line



Registration

On-line at www.321goevents.com or www.active.com

By mail: Complete this form and mail to:

3-2-1Go! Event Promotions, Inc.

9 Winding Branch Rd., Hawthorn Woods, IL 60047

Make checks payable to 3-2-1Go! Event Promotions, Inc.

Friday, June 19 and Saturday, June 20

Registration and packet pick-up. Check web site for times and locations.

Sunday, June 21

6:15 AM – 7:15 AM Race Day registration and packet pick-up

7:30 AM 5k and 10k Race Start!

8:00 AM Post-race goodies provided by Trader Joe's

8:45 AM Award Presentation and Free Kid's Fun Run

Goody Bags and Raffles

Each participant will receive an event shirt, \$10 Dick's Sporting Goods gift certificate, in addition to other miscellaneous items. Additionally, there will be plenty of items given away at our free post-race raffle. Must be at race site to claim raffle prizes.

Awards

\$50 Dick's Sporting Goods gift certificates awarded to overall male and female winners for both 5k and 10k events. First through third male and female age group awards for both events. Age groups begin with 9 and under and increase in five year increments to 65 and over.

Additional Event Details and Questions

Please go to www.321goevents.com for additional event details including directions, parking, to print a hard copy registration form, etc. Please email info@321goevents.com for any specific questions about this event.

2009 Hawthorn Woods 5k/10k Registration Form

Please complete, sign and mail

Last Name _____ First _____

Address _____

City _____ State _____ Zip Code _____

Phone # _____

Email _____

Gender: Male Female Age (on 6/21/2009) ____ Date of birth _____

Event (choose one): _____ Before 6/8/2009 **5k** \$20 **10k** \$25
On or after 6/8/2009 **5k** \$25 **10k** \$30

Shirt size (choose one): S M L XL XXL

Please read and sign the waiver below:

THE UNDERSIGNED, _____, (hereinafter referred to as "ATHLETE") on behalf of ATHLETE, personal representatives, assigns, heirs, executors, hereby fully and forever release, waives, discharges and covenants not sue 3-2-1 GO! EVENT PROMOTIONS, INC., the USATF, Village of Hawthorn Woods, Hawthorn Woods Family Dental Care and Orthodontics, Trader Joe's, Toll Brothers, Inc. Dick's Sporting Goods, Race Time, Inc., and all municipal agencies whose property and/or personnel are used, and all other sponsoring or co-sponsoring companies or individual relating to the Hawthorn Woods 5k/10k race (collectively "RELEASEES") from all liability to ATHLETE and his/her personal representatives, assigns, heirs and executors, for all loss(es) or damage(s) and any and all claims or demands therefore, on account of inquiry to the ATHLETE or property or resulting in the death of an ATHLETE, whether caused by the active or passive negligence of all or any of the Releases or otherwise, in connection with the ATHLETE'S participation in the Hawthorn Woods 5K/10K race. The ATHLETE represents and warrants that he/she is in good physical condition and is able to safely participate in the Hawthorn Woods 5K/10K race and hereby elects to voluntarily compete in the Hawthorn Woods 5K/10K race, knowing the risks associated with the Hawthorn Woods 5K/10K race. The ATHLETE hereby assumes all risk of loss(es), damages(s), or injury(s) that may be sustained by him/her while participating in the Hawthorn Woods 5K/10K race. The ATHLETE agrees to the use of his/her name and photographs in broadcasts, newspapers, brochures and other media WITHOUT ATHLETE permission or compensation. The ATHLETE acknowledges that the entry fee is non-refundable and non-transferable. The ATHLETE hereby consents to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during the event. I ASSUME ALL RISKS associated with my participation in the Hawthorn Woods 5K/10K event, including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, road conditions, all such risks to myself being known and appreciated by me. Having read this Waiver and Release from liability form, 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 3-2-1 GO! EVENT PROMOTIONS, INC., the USATF, Village of Hawthorn Woods, Hawthorn Woods Family Dental Care and Orthodontics, Trader Joe's, Toll Brothers, Inc. Dick's Sporting Goods, Race Time, Inc., race day volunteers, all event sponsors, their representatives and successors from all claims or liabilities of anything arising from my participation in this event.

Signature of Participant _____ Date _____

Signature of Parent or Guardian (if under 18) _____ Date _____