

**2010 Hawthorn Woods 5k/10k Run and Walk**  
**Sunday June 20, 2010 @ 8:00 AM**  
**Heritage Oaks Park**



**Location**

The 3<sup>rd</sup> annual Hawthorn Woods 5k/10k will be held at Heritage Oaks Park in Hawthorn Woods. Heritage Oaks Park is located on the East side of Fairfield Rd, about one mile North of Old McHenry Rd. This is a USATF sanctioned event.

**Course**

USATF certified course will begin and end at Heritage Oaks Park. After beginning at the park, participants will transition into the Hawthorn Woods Country Club. After the first  $\frac{3}{4}$  of a mile, 5k participants will loop around and head back towards the park, while 10k participants will continue through the remainder of the country club before heading back towards the park. All participants will finish with a loop around the lake at Heritage Oaks Park. The course is slightly rolling for 5k participants and will become more rolling for those doing the 10k.

**Entry Fee**

	<b>5k</b>	<b>10k</b>
Before June 1, 2010	\$20	\$25
On or after June 1, 2010	\$25	\$30

**Registration**

On-line at [www.321goevents.com](http://www.321goevents.com) or [www.active.com](http://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.**

**Saturday, June 19**

10:30 AM – 2:30 PM Packet pick-up at Hawthorn Woods Country Club  
\*see web site for directions

**Sunday, June 20**

6:30 AM – 7:45 AM Race Day registration and packet pick-up  
7:45 AM Kid's Fun Run  
8:00 AM Race Start!  
9:30 AM Award Presentation

**Race Bags**

All participants will receive race bags including an event shirt, water bottle, and energy bar.

**Awards**

Overall awards to top male and female finishers for both the 5k and 10k. Additionally, age group awards will be given to first through third male and female finishers for both the 5k and 10k. 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](http://www.321goevents.com) for additional event details including directions, parking, to print a hard copy registration form, etc. Please email [info@321goevents.com](mailto:info@321goevents.com) for any specific questions about this event.

**2010 Hawthorn Woods 5k/10k Registration Form**  
**Please complete, sign and mail**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

Gender:            Male                      Female

Running Club Affiliation (if any) \_\_\_\_\_

Age (on June 20, 2010) \_\_\_\_\_ Date of birth \_\_\_\_\_

Event	Before June 7, 2010	On or after June 7, 2010
5k	\$20	\$25
10k	\$25	\$30

Shirt Type (circle one):                      Cotton t-shirt                      Technical shirt

Shirt Size (circle 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, Hawthorn Woods Family Dental Care and Orthodontics, Trader Joe's, Village of Hawthorn Woods, Hawthorn Woods Golf Club, Toll Brothers, Inc, 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 "RELEASES") 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. 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, 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. 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, Hawthorn Woods Family Dental Care and Orthodontics, Trader Joe's, Village of Hawthorn Woods, Hawthorn Woods Golf Club, Toll Brothers, Inc, 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