

Waterfront 5K Course

The Waterfront 5K presented by Ken Bennett & Associates, Inc., and Suby Von Haden & Associates, S.C. is a USATF certified 5K course. It begins by the Trolley Station, 324 North Madison Street in downtown Rockford, adjacent to the On the Waterfront Festival grounds. The course heads north along Madison Street, joining up with a paved recreational running/bike path that follows along the banks of the Rock River. The Waterfront 5K is an out and back race, and the terrain is flat and fast. Water will be available at the aid stations located at the start/finish and at the two mile marker. Splits will be given at 1 and 2 miles.

Course Records

- Men's: Brent Alexander 2007 15:12
- Women's Jessica Langford 2007 17:03

Race Officials/Organizers

The 5K race is coordinated through volunteer efforts of On the Waterfront, Inc. with cooperation from the Rockford Road Runners, a regional running club of 500+ members. The Road Runners play an integral part in the planning and production of this event, and without their commitment to the sport of running, this race would not have been possible.



ON THE WATERFRONT, INC.
Waterfront 5K
308 W. State St., Suite 115
Rockford, IL 61101

WATERFRONT 5K

Presented by

Ken Bennett & Associates, Inc.

And

Suby Von Haden & Associates, S.C.



15TH ANNUAL 5K RACE

AND

KIDS 1/4 - MILE FUN RUN

Saturday, August 30, 2008



WATERFRONT 5K ENTRY FORM

Make Checks Payable To:

On the Waterfront, Inc. - Waterfront 5K
308 W. State St., Suite 115, Rockford, IL 61101

(One entry per participant - you may photocopy form)

Name _____

Address _____

City _____ State _____ Zip _____

Age (As of 8/30/2008) _____ Sex: M F

Date of Birth _____

E-mail Address _____

Shirt Size: S M L XL

5K RACE (First 300 entries receive a t-shirt)

_____ Advance Registration \$25
(includes a race t-shirt & OTW ticket)

_____ Advance for Rockford Road Runners & Wildcats \$24
(includes a race t-shirt & OTW ticket)

_____ Day of Race (Does NOT include OTW ticket) \$28

KIDS 1/4 MILE FUN

_____ Advance Registration/ Day of Race FREE
(Does NOT include race t-shirt or OTW ticket)

RELEASE OF LIABILITY STATEMENT

In consideration of the acceptance of my entry and my participation in the Waterfront 5K, I, the undersigned, intending to be legally bound for myself, my heirs, my executors, my administrators and my assigns, forever release, waive, hold harmless, discharge and covenant not to sue On the Waterfront, Inc. and all sponsors of the Waterfront 5K, and any and all individuals, corporations, associations, municipalities, county government and park districts which participate in the staging or management of the Waterfront 5K, including but not limited to Ken Bennett & Associates, Inc. and Suby Von Haden & Associates, S.C., their trustees, officers, staff, employees or agents from any and all actions, suits, proceeding debts, judgments, damages, claims, liabilities and demands whatsoever, in law or in equity, which I may have arising out of or caused by any illness which I may suffer as a result, whether direct or indirect, by or through my participation in the Waterfront 5K. I further attest and verify that I am physically fit and prepared for participation in and completion of the Waterfront 5K, that I have full knowledge of those risks involved in the race and I assume those risks. I also understand and agree that any sponsor may subsequently use for publicity or promotional purposes my name and photographs, video tapes, motion pictures and recordings of me participating in the Waterfront 5K without obligation or liability to me.

Signature (Parent or Guardian if under 18) /Unsigned Waivers Will Not Be Processed

Date

Saturday, August 30, 2008

Starting Times

6:30 - 7:45 a.m.	Registration/ Package Pick-up
8:00 a.m.	Waterfront 5K Race
8:15 - 8:50 a.m.	Kids Entry
9:00 a.m.	Kids 1/4 Mile Fun Run
9:15 a.m.	Awards

Waterfront 5K

Registration in the Waterfront 5K Race presented by Ken Bennett & Associates, Inc. and Suby Von Haden & Associates, S.C. includes a 2008 commemorative race t-shirt (for the first 300 entries) and an admission ticket to the 2008 On the Waterfront Festival presented by Associated Bank (a \$18.00 value). To register for the race, complete the entry form and return with your check (made payable to On the Waterfront, Inc.) for the applicable race fees to the address on the entry form, or register in person on Friday, August 29, 2008 at packet pickup, or the morning of the race.

Race Packets

All race packets can be picked up Friday, August 29, 2008 at the Rockford YMCA Log Lodge, 200 Y Boulevard from 2:00 to 7:00 p.m. Runners may also register for the race during packet pick-up. On race day, packets must be picked up at the Trolley Station, located at Riverview Park, 324 North Madison St., which opens at 6:30 a.m. **All packets MUST be picked up at least 15 minutes prior to the start of the event.**



Race Results and Awards

The 5K is part of the Rockford Road Runners Race Circuit. Awards and cash prizes will be given to the top three male and female runners in the 5K race. The top male and female runner in the Masters age group (40+ years) will receive a cash prize. Awards will also be given in each designated age division. Age divisions and number of awards are as follows:

AGE	FEMALE	MALE	AGE	FEMALE	MALE
0 - 14	3	3	40 - 44	3	3
15 - 19	3	3	45 - 49	3	3
20 - 24	3	3	50 - 54	3	3
25 - 29	3	3	55 - 59	3	3
30 - 34	3	3	60 - 64	3	3
35 - 39	3	3	65 - 69	3	3
			70+	2	2

The Awards Ceremony will be held at the Rockford Public Library Country stage inside Festival grounds.

If you have any questions, please contact 5K Race Directors Steve Korn
(815-964-4388, email: Steve.Korn@quancor-ms.com).

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AND
SUBY VON HADEN & ASSOCIATES, S.C.

