

Join Us for a Summer of Family Fun and Fitness!

Here's a great opportunity to get the whole family together for three events that are sure to be packed with fun for all. Your family may choose to participate in the entire Summer Series or run/walk in only one or two events.

Pre-registration \$5.00 by June 1st for youth 14 and under - after June 1st, \$10.00 for the series or \$5.00 per race.

Entire family (2 adults/3 kids) \$50.00 before June 1st - after June 1st, \$65.00 - \$20 of this year's family entry will benefit the Heart Walk Team and The American Heart Association.

Awards & Prizes:

All participants 14 & under who complete all three events will receive a special award at the final event of the series.

While the races are the highlight of our three-event series, there's more to the fun than just running or walking...

Enjoy doughnuts & juice by the lake in June, get t-shirts and register for the raffle in July and for the finale, due to the closing of The Aquatic Center, we will be enjoying some different Fun Family Festivities you won't want to miss!

Whether you run or walk in the events, you're sure to add some fitness and fun to your summer by participating in the Alton Road Runners Summer Running Series.

For more information call - 618-972-8635



With **Thanks** to Our Sponsors:

Alton Memorial Hospital

Pepsi • Hit-N-Run Food Stores

Alton Park & Recreation

Godfrey Park & Recreation

23rd Annual Summer Running Series



**23rd Annual
ALTON
ROAD RUNNERS
CLUB**

*Alton Memorial
Family Run
& 4K Heart Run*

**41st Annual
ALTON
ROAD RUNNERS
CLUB**

*Hit-n-Run
Pee Wee Run*

**24th Annual
ALTON
ROAD RUNNERS CLUB**

Dash-n-Glow

Race, Walk or Run for Fun...

When: Saturday, June 8, 2019
Packet Pick-up and Registration
7:30 - 8:30 am at Main Shelter



Races Start at 9:00 am

Where: Glazebrook Park, Godfrey
Godfrey Rd. to Stamper Ln.

Distance: 1/2 mile – 14 & under
NEW! 4K – 15 & over

Cost: \$5 for 14 & under
NEW! \$20 – 15 & over

All proceeds benefit The Heart Walk Team and The American Heart Association

*Ribbons for
14 & under.
T-shirts for all...
special t-shirts for all
4K participants.
Everyone can enjoy
doughnuts & juice by
the lake after the race!*

**An Alton Road Runner Tradition!
A Great Youth Run!**

When: Sunday, July 14, 2019
Packet Pick-up and Registration 6:45 - 7:45 am

Races Start at 8:00 am

Where: Gordon Moore Park, Alton
(off Highway 140)

Distance: 1/2 mile

Age Groups: 8 & under
9 - 14

Cost: \$5 for all runners

Prizes:
T-Shirts for all
participants, Ribbons
for all, Raffle and
Free refreshments



Family Run & Fun Festivities

When: Saturday, August 3, 2019
Packet Pick-up and Registration 6:30 - 7:15 pm

Races Start at 7:30 pm

Where: East Alton-Wood River
High School Track

Age Groups: 15-19, 20-29, 30-39, 40-49, 50 - up

Distance: 1/2 mile – 14 & under
1 mile – 15 & over

Cost: \$5 for 14 & under
\$10 for 15 & over

Awards & Prizes:
Ribbons for 14 & under,
Medals for top 3
male/female in each age
group, T-shirts for all
entrants.

SUMMER RUNNING SERIES ENTRY FORM 2019

CHECK ONE:

- 3-Event Series –14 & under can sign up for the entire series for only \$5.00 by June 1st (\$10.00 after)!!!
- Entire Family - Entire Series for only \$50.00 (includes 2 adults / 3 kids) by June 1st (\$65.00 after)!!!
- Alton Memorial Family Run Pee Wee Run Dash-n-Glow

Name _____ Age _____ Male/Female _____
 Address _____ City _____ State _____ ZIP _____
 Email _____ Phone _____

Make checks payable to: Alton Road Runners. Mail to: 709 Ridgeway, East Alton, IL 62024

WAIVER ON RACE APPLICATION: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic 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 Alton Road Runners Club, the City of Alton, IL, the City of Wood River, IL, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. **Absolutely no dogs, roller skates or headsets.**

Signature required below. Under 18 requires parent/guardian signature.

Signature _____

One participant per entry form. Duplicate if necessary.