

Waiver and Release

In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims and courses of action I have or may have against Lazarus House, The Event, The Chicago Area Runners Association, Fox River Trail Runners, the City of St. Charles, the St. Charles Park District, the Kane County Forest Preserve, and any and all sponsors of The Event, their representatives and successors, that may arise as a result of my participation in The Event and any pre- and post- event activities.

I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including commercial advertising.

I understand and agree to the waiver and release.

Signature

Parent's signature, if runner is under age 18

Directions

The race starts in the LeRoy Oakes Forest Preserve which is accessible from I-88 or I-90. From I-88, exit Orchard road north. At the Randall Road intersection, take Randall Road north to Dean Street in St Charles. Go west (left) on Dean Street ¼ mile to the park entrance. From I-90, take Randall Road south to Dean Street. Go west (right) on Dean Street ¼ mile to the park entrance.

Parking

On-site parking is available and Park Rangers will be directing parking. .

CARA Certified Race



This race has applied for and received the Chicago Area Runners Association designation as a CARA *CERTIFIED RACE*. This race has agreed to adhere to and uphold CARA's Best Practices Guidelines. These Guidelines embody the highest standards for quality, safety and comfort for participants in a road race.

Due to CARA's advocacy efforts, runners in the Chicagoland area enjoy some of the highest quality road races in the country. To view the Guidelines and to learn more about CARA, visit www.cararuns.org.

The Chicago Area Runners Association (CARA) is a non-profit organization devoted to expanding, motivating, supporting and celebrating the running community of Chicagoland. CARA connects runners to resources that enable them to run – further, faster, better, for life.



4-mile competitive run on a USATF certified course at LeRoy Oakes and onto the scenic and shaded Great Western Trail in unincorporated St. Charles.

CARA certified and Fox River Trail Runners circuit run.

July 4, 2009
8:00 a.m.

LeRoy Oakes
37W370 Dean Street
St. Charles, IL

Pre-register at www.signmeup.com
Pre-registration \$20
Race day \$25



Luke 16:19-31

All proceeds of this run will benefit Lazarus House, a community shelter serving people who are homeless or at risk of becoming homeless and are connected to St. Charles, Geneva, Batavia, and western rural

Kane County. For more information on Lazarus House see inside or visit our website, www.lazarushouseonline.com.

What is Lazarus House?

Lazarus House is a 501(c)(3) charitable organization. Our mission is to provide hospitality, food, safe shelter, and support services to persons who are homeless or at risk of becoming homeless and are connected to the school districts of St. Charles, Geneva, Batavia and western rural Kane County. Our desire is to give all those coming to our doors the opportunity for hope and a future. Our goals are to:

- Help the homeless return to independent living with the skills and habits needed for long-term success.
- Offer services and referrals to help those in need in our community in order to prevent homelessness and support the well being of individuals and their families.

We strive to give people a “hand up” not a hand out.

We have three major programs:

- The only emergency shelter serving in the Tri-Cities and western rural Kane County area open 365 days a year. Staff may be reached at 630-587-2144.
- The only transitional housing program (Center for Transitional Living) in the Tri-Cities and western rural Kane County area.
- An outreach program, funded by grants, that provides rent, mortgage and utility assistance to qualifying households. Staff may be reached at 630-587-5872.

About This Event

Proceeds will be used to pay for the care of the less fortunate, who are making their home at Lazarus House or requiring its other services.

We give our thanks to The Greater St. Charles Education Foundation, who initiated the Great Western Freedom 4 and transferred it to Lazarus House.

T-Shirt and Registration Packet Pick Up

You may pick up your T-shirt and registration packet on Race Day after 6:30 a.m. at LeRoy Oakes Forest Preserve at the Registration Table. T-shirts will be available for the first 150 pre-registered runners.

Official scoring with Chip Timing

Real Timing Inc. is the official timer for the race. Their chip timing technology will allow all finishers to receive accurate place and time results within minutes of crossing the finish line. In order to ensure accurate results, every runner must wear the chip. Chips will be distributed on race day and must be turned in just past the finish line. If you do not start the race or drop out, we ask you to return the chips to the Registration Table.

Awards

Prizes in the form of product will be awarded to the top five overall men and women finishers. Age group awards will be awarded at the end of the race. Real Timing Inc. will have race results posted on their web site, www.realtiminginc.com



The Course

The USATF certified 4-mile course is flat with a couple of rolling hills and mainly shaded. The race starts at LeRoy Oakes Forest Preserve near the Big Red Barn, off of the main access road, and continues south onto the Great Western Trail which winds to the west. The race finish is near the Big Red Barn in LeRoy Oakes Forest Preserve.

REGISTRATION FORM

Last Name: _____

First Name: _____

Address: _____

Home Telephone: _____

Mobile Phone: _____

E-Mail Address: _____

Date of Birth: _____ Age on Race Day: _____

Gender: Male Female

Select Shirt Size: (adult sizes)

S M L XL

Entry Fee: \$20 on-line at www.signmeup.com or advance paper registration. \$2 advance registration discount to CARA and Fox River Trail Runners members. CARA or FRTR# _____

or
\$25 on race day (*no discount*)

Please complete the registration form and sign the waiver on the reverse side. Detach and mail this form no later than June 23 with payment to *:

Lazarus House
214 Walnut St.
St. Charles, IL 60174

**T-shirts and goodies bags available for the first 150 pre-registered runners.*

**Due to liability, please note, that no dogs, strollers or roller blades will be allowed on the trail.*

**Any race participant under the age of 13 must be accompanied to the race by an adult.*

**In the event of an emergency or natural disaster, Lazarus House reserves the right to cancel the race or to start at a later time. There will be no refund of registration fees in the event of a cancellation.*