

OUR SPONSORS

**CHICAGO DOUGH
COMPANY**

RUNNING FOR KICKS

**GREAT AMERICAN
BAGEL**

**PARK FOREST
RUNNING AND
PANCAKE CLUB**

“Start Slowly and Taper Off”

PFRPC
c/o Recreation & Parks Dept
350 Victory Drive
Park Forest, IL 60466

**PARK FOREST RUNNING
AND PANCAKE CLUB'S
ANNUAL**

**MIDWINTER CRUISE
5K**



**Sunday, January 17, 2010
at 10:30 am**

www.pfrpc.com

INSTANT CURE FOR CABIN FEVER — GUARANTEED

This is your chance to spend some time where it is balmy; where you can visit the streets of Miami and Nassau, with no need to go through airline delays, screenings, and no need for passports. Seriously!

YOU NEED THIS CRUISE!

ESCAPE ANOTHER DREARY WINTER IN NORTHERN ILLINOIS & INDIANA

What is so special
about this cruise?

You!

Come on board . . .

Take the challenge.

Pack your shades, sunscreen, speedo, snorkel, surfboard & scuba gear. Be at the dock on Sunday, January 17th. Cruise begins at 10:30 a.m.

DETAILS, DETAILS, DETAILS

Age Group Categories: 0-10, 11-14, 15-19,
20-30, 31-40, 41-50, 51-60, 61 and over.
*Special awards presented to first overall male
and female finishers.*

ALL FINISHERS RECEIVE A TROPHY
AND GIVE AWAY!

STARTS FROM
FOREST TRAIL MIDDLE SCHOOL,
215 WILSON, PARK FOREST, 60466.

*Indoor facilities for registration, post-race
awards, and all you can eat pancakes.
Best Deal for Miles Around!*

Directions:

FROM I-57
TAKE SAUK TRAIL EXIT EAST TO
LAKEWOOD. TURN LEFT TO WILSON.

FROM I-80.94
TAKE RTE 394 SOUTH TO SAUK TRAIL.
GO WEST TO LAKEWOOD. TURN RIGHT
TO WILSON.

To enter just complete & mail this entry along with your \$20 check by 1/10/10 to PFRPC, c/o Recreation & Parks Dept, 350 Victory Drive, Park Forest, IL 60466. Please Print Legibly! Or, go online at Signmeup-sports.com. After 1/10/10 price is \$22 with no race day discounts.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Sex: _____ Age on Race Day: _____

Email: _____

Emergency Contact

Name: _____

Phone Number: _____

(PFRPC \$1 discount.)

Release and Waiver: With full knowledge of my actions and all legal implications thereof and attached thereto, in the unlikely event I somehow manage to hurt myself in the course of or arising out of this Midwinter Cruise event, it cannot be the fault of the sponsors, organizers, PFRPC, or Village of Park Forest and I know that I cannot sue anybody. So, I hereby agree to pick up the pieces of my battered and wretched life and find other work for my under appreciated lawyer.

Signature: _____

Date: _____

(Under 18, Parent or Guardian must sign)