



5K Race — 1 Mile Fun Run — Tots Hop

Saturday, April 4, 2009

Check in Time: 7:30 a.m. Race-day Registration until 8:30 a.m.

Start Time: 9:00 a.m. (5K) 8:35 a.m. (1 Mile)

Tots Hop approx. 9:45-10:00 a.m.

Location: Kane County Government Center
719 S. Batavia Ave (Rt. 31), Geneva, IL

Entry Fees:

5K Run/Walk.....\$15.00

1 Mile Fun Run.....\$15.00

Tots Hop(200m).....Free

Call for Family Rate - 4 or more (5K-1m)

Sponsored by



Kane County Health Department

Age Groups:
(5K) 5 yr groupings
 14 & under 15-19 20-24
 25-29 30-34 35-39
 40-44 45-49 50-54
 55-59 60-64 65-69
 70 & over

- Awards: Ribbons to all Participants!**
- 5K - Top Male & Female Overall
- 5K - Top Male & Female Masters
- 5K - Top 3 in each Age Group
- 1 Milers – (12 & under)
- Top 10 Boys & Girls Finishers

Hop Team Challenge!

Organizations/families may organize 4-runner coed teams. Team must have at least one member of the opposite sex. Winner based on fastest combined time. **For information, call Vic Mead at 630-208-2177, Email: MeadVic@co.kane.il.us, or visit kanehealth.com**

T-Shirts, Raffle Tickets & Goodie Bags provided to all 5K & 1 Mile Registrants

Registration & Information:

To Register fill out, in full and send the form below. Mark T-Shirt size, Age, & Race you will be running. One entry for each person completed and signed. Individuals **can also register online at: signmeupsports.com.**

Click on -Running- and then search Illinois events. (Teams need to register by mail using this form & a team roster form)

Course: USATF Certified – IL-07008-JW. Find our course at “America’s Running Routes”, (usatf.org/routes) Out and Back course with water at the 2 mile mark.

Digital clock at the Finish and splits every mile. **No bikes, skates, strollers, or pets allowed.**

Raffles/Awards Ceremony: 10:15 a.m. Computerized Results by “RACETIME”

Runners’ Food & Refreshments post-race.

2008 Winners: Steve Nusser, Geneva 16:50 & Elena Shemyakin, Geneva 19:29

Course Records: Derek Olenek 2001 – 15:36 & Jane Murphy 2000 – 19:11



Please feel free to reproduce this Entry Form for friends and fellow runners

Make Checks Payable to: Healthy Hop Pre-registration deadline is March 30, 2009

Mail to Kane County Health Department – 1240 N. Highland Ave. Suite 5, Aurora IL 60506

Name _____ Street Address _____

City _____ State _____ Zip _____ Phone _____

Email _____ Age (as of 4/4/2009) _____ Birth Date _____ Sex: Male Female

Race (circle one) : 5K 1M Tot’s Hop **T-Shirt Size (circle one):** S M L XL

For Team Challenge: Team Name _____

Please submit team member applications in one envelope and include a team roster sheet

Waiver of Liability: In Consideration of my participation in this event, I for myself, my executors, administration, successors and assignees, do hereby release and discharge the Kane County Government, City of Geneva and its associates, volunteers, officers and all sponsors for all claims of damages, demands, actions, whatsoever in any manner of arising or growing out of my participation in the Healthy Hop Event.

Date: _____ Signature: _____

Parent or Guardian Signature: _____ (Unsigned Entries will not be Accepted)

(If under 18 yrs of age)