



10th Annual Germantown Hills Fire-Rescue Challenge Saturday, October 28, 2017 5K Run/Walk & Kids' Fun Run

PLACE: Germantown Hills Fire Department (313 Prairie Ave. Germantown Hills, Illinois 61548)
(Germantown Hills is 10 miles North East of Peoria, IL on State Route 116)

TIME: **5,000 METER BEGINS 8:00 AM, CST (Race packets may be picked up at 7:00 AM.)**
Kids' fun run will begin at the conclusion of the 5000 Meter race

COURSE: A mix of flats and hills on a blacktop surface. GHFD controlled traffic.

FACILITIES: Restrooms and Showers available at Fire House

ENTRY FEE: **5K: \$25.00 entry fee up until October 10th. After October 10th, entry fee is \$30.00.**
Kids' fun run: \$15 All runners receive a FREE PANCAKE BREAKFAST after the race.

SHIRT: **All entries post marked by October 10th receive a shirt**

AWARDS: Unique medal for top three male and female and first three places in each division

AID STATIONS: Appropriately spaced along 5,000-meter route. Post race drinks to all runners.

GENERAL Split times given. Award ceremony at approximately 9:30 AM.

INFORMATION: **FINISH RESULTS WILL BE AVAILABLE ON GHFD WEBSITE** <http://www.germantownhillssf.com/5KRace.html>

*Race day registration is available, however, you are encouraged to register **BEFORE** race day.*
On-line registration is preferred: <http://www.germantownhillssf.com/5KRace.html>
Email questions to: kmeyer@germantownhillssf.com

~0.67 Mile		*****5,000 Meter*****							
Boys	8 & under	Boys	14 & under	Men	30 to 39	Girls	14 & under	Women	19 to 29
Boys	9 to 12	Boys	15 to 18	Men	40 to 49	Girls	15 to 18	Women	30 to 39
Girls	8 & under	Men	19 to 29	Men	50 to 59			Women	40 to 49
Girls	9 to 12			Men	60 & Over			Women	50 & Over

Fire-Rescue Challenge details

Team of three or more from one Fire or Rescue Agency to run entire race (normal running apparel, turn out gear not required). Times from three fastest team members will be averaged. Fastest department will win trophy along with bragging rights.

Clydesdale Division

Attention runners 200 pounds plus, compete for the title of the most powerful. Runners must weigh in on race day. Weight and speed used to calculate power
---Cut Here-----Cut Here---

ENTRY BLANK

Waiver and Release

The signing of this entry blank and the participation in Germantown Hills Fire-Rescue Challenge is with full knowledge of the risks involved there in and the undersigned individually and/or as parent or guardian assumes the risk of any injury, sickness or health defect including death, resulting from or received during participation in the races, and further releases and agrees to save harmless the Germantown Hills Fire-Rescue Challenge, it's committees, and sponsoring and assisting agencies, and individuals from any liability, damage, claim or judgment that may result from or arise out of the participation of the participant in this race.

PLEASE PRINT: Last Name _____ First Name _____

Age _____ Sex _____ Birth Date _____ Check if member of Fire-Rescue: ___ Department: _____

Check One: ___ 0.67 Mile ___ 5,000 Meter Check if participating in Clydesdale Div: _____

Address _____ Phone _____

City, State, Zip _____ Email _____

Signature _____ Parent's signature if under 18 _____

Entry must be post marked by 10th October 2017 to receive a shirt

Shirt Sizes: Youth XS S M L Adult S M L XL XXL XXXL XXXXL

On-line registration is preferred: germantownhillssf.com/5KRace.html

If registering manually, drop in person or send entry to:

**Kevin Meyer, c/o Germantown Hills Fire Department 313 Prairie Ave.
Germantown Hills, Illinois 61548
Phone 309-383-4890 (Make checks payable to: GHFD Association)**

5K Race entry fee:	\$ _____ (\$25 / \$30 after Oct 10 th)
Kids' fun run fee:	\$ _____ (\$15)
Total:	\$ _____