



5K

Northwest Passage

Welcome Runners!

11th
Annual
Run
OCT. 17, 2010



5K & 1 Mile Family Run October 17, 2010

(Race Day Registration 6:45-7:30am; Race Starts at 8:00 am)

Schedule of Events

Location:

Mel Anderson Bike Path
1325 N. Johnston Ave.
Rockford, IL 61101

Registration Forms:

Send Entries & Checks Payable to:
Northwest Community Center
1325 N. Johnston Ave.
Rockford, IL 61101

Entry Fee:

Adults - \$20.00 Pre-register
\$30.00 Day of Race
Kids (under 14) - \$10.00
\$15.00 Day of Race
NO REFUNDS

Divisions:

Men's & Women's 5K
03-14, 15-19, 20-29, 30-39,
40-49, 50-59, 60-69, 70-70+

Race Packets:

Pick Up is October 16, 2010 from 10am to
5pm at Runners Image, 219 E. State St.
T-shirts to first 100 participants

Contact:

Tom McNamara
Race Coordinator
815-262-6734
tmcnamara6@gmail.com

Prizes:

Male & Female divisions separately. Boys & Girls under 14 received prizes for 1st place.
SANCTIONED EVENT Rockford Road Runner's Circuit Race
1st place: \$100 2nd place: \$50 3rd place: \$30 Men's & Women's Open.

**FREE PANCAKE BREAKFAST
INCLUDED WITH YOUR
REGISTRATION!**
Additional breakfasts may be purchased for a
\$5.00 donation.

Northwest Passage Entry Form

Name _____

Address _____

City _____ State _____ Zip _____ Phone _____

Adult _____ Child (14 and under) _____ Birthdate ___/___/___ Male _____ Female _____ T-shirt size S ___ M ___ L ___ XL ___

Rockford Road Runner Member Yes _____ No _____ Additional Pancake Breakfast only _____ (\$5.00 each)

Waiver Form - Must be signed to compete.

In consideration of being permitted to participate in the Northwest Passage, I, the undersigned, in full recognition and appreciation of the dangers and hazards inherent to recreational activities and outings and to this activity specifically, including but not limited to: fall, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the trail, do hereby voluntarily agree to assume all associated risks and responsibilities to which I may be exposed during transportation to and from the activity and during my participation in the activity. Further, I do, for myself, my heirs, successors, assigns, and personal representatives, hereby agree to waive and release the Northwest Community Center, the City of Rockford, the Rockford Park District, Rockford Road Runners, their representatives, all race sponsors, and all officials and volunteers assisting with the race from all claims or liabilities of any kind arising out of my participation in this activity even though the liability may arise out of negligence or carelessness on the part of the persons or parties named in this waiver.

Participant's signature _____ Date _____

Parent's signature (if under 18) _____ Date _____



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Northwest Community Center's 5K & 1 Mile Family Fun Run Sunday, October 17, 2010

Race starts @ 8:00 am (Race Day Registration 6:45-7:30am)

About us

Mission Statement:

To enrich the quality of life for the diverse population of Northwest Rockford.

The Northwest Community Center is a non-profit organization that has a proven 60+ year history of providing quality and affordable programs and services in northwest Rockford. Northwest Community Center is the largest social service agency in northwest Rockford. It plays a vital role in providing a wide range of affordable and effective social, educational and recreational services to more than 7,000 individuals annually. Services are available to residents of all ages.

For many moderate to low income individuals and families, the community center provides access to basic life survival services and resources.

The proceeds of the Northwest Passage event go to further the progress and development of the Northwest Community Center's programs and services.



the Event

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PANCAKE BREAKFAST FOR
ALL RUNNERS!**

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first 100 participants**

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