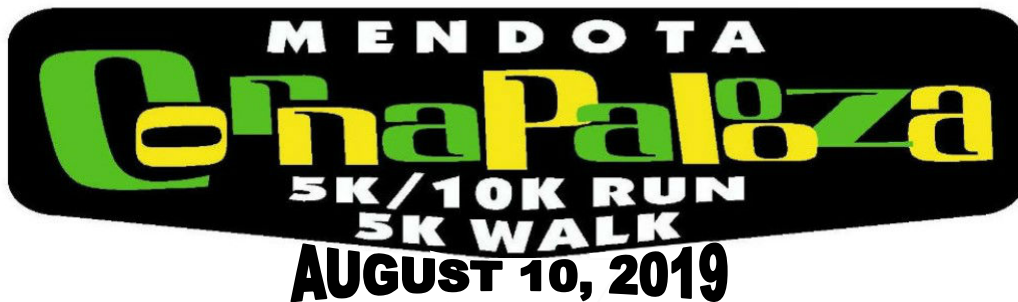




OSF[®]
HEALTHCARE



10K Starved Rock Runners Ltd. Circuit Race

OSF HealthCare Saint Paul Medical Center presents the 12th Annual CornaPalooza! The race starts & ends at Lake Mendota (1901 Tom Merwin Drive). Race participants follow signs & enter Lake Mendota property from Route 251/52 & Tom Merwin Drive. Follow signage for designated parking. The course will take you west outside of Mendota to take on the rolling hills & sights of rural Mendota. 10K course will include a 1-mile stretch of compacted gravel road. All runners will experience a mile or more of Lake Kakusha TRAIL! All traffic control & water stations will be pulled from roads as the last runner passes or when 10K reaches 1 1/2 hours. Not responsible for late starters on the course. **NO double-wide strollers allowed.**

- Pre-registration / Registration Opens at 6:30 a.m.
- Race starts at 8:00 a.m.
- Official CornaPalooza T-shirt for participants (size nor shirt guaranteed for late registrants)
- USATF CERTIFIED 5K & 10K Courses
- Awards will be presented to the 1st overall male & female runners in the 5K & 10K runs. 1st through 3rd places will be awarded medals in each age group.
- All 14 & under receive participation ribbons.
- Entry fees: \$25 if postmarked by 7/26/19
\$30 7/27/19-8/10/19

AGE DIVISIONS- 5K / 10K RUN 9 & under 10-14 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75 & over

PRINT CLEARLY - TEAR OFF HERE

Name _____
First Middle Initial Last

EVENT (Circle One)
5K RUN 10K RUN 5K WALK

Address _____

SHIRT SIZE (Circle One)
YL S M L XL XXL

City, State _____ Zip _____

Phone _____

EVENT	PRE RACE (By 7/26/19)	RACE DAY (7/27-8/10/19)
5K/10K Run	\$25	\$30
5K Fitness Walk	\$25	\$30

Email _____ Birth date _____

Use a credit card-registering on-line
www.signmeup.com/129716

Age on 8/10/19 _____ Male _____ Female _____



PARTICIPATION WAIVER:

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity that my minor child and/or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child may be entitled to (or accrue to me or my minor child) as a result of participating in these programs/activities against: OSF HealthCare Saint Paul Medical Center, Mendota Chamber of Commerce, City of Mendota, Mendota Township, including its officials, sponsors, volunteers and employees. I do hereby fully release and forever discharge OSF HealthCare Saint Paul Medical Center from any and all claims for injuries, damage or loss that my minor child or I may have or which may accrue to me or my minor child and rising out of, connected with, or in anyway associated with these activities. Participants registering or their parents hereby permit the taking of photographs, audio, or videotaping during the OSF HealthCare Saint Paul Medical Center activities for publication and use as OSF HealthCare Saint Paul Medical Center deems appropriate. I further state I have trained adequately and am in suitable condition to compete in this event.

I have read and fully understand the above and waive and release all claims:

Signature: _____ Date _____
(Parent of Guardian's signature if participant is under the age of 18)

For Office Use Only:
Cash Check

BIB # _____

Please return Registration Form with Payment to: OSF HealthCare Saint Paul Foundation, 1401 E. 12th Street, Mendota, IL, 61342.
For More Information Call; JoEllyn Gahan, (815) 539-1659 or joellyn.gahan@osfhealthcare.org

www.osfsaintpaul.org

8:00 A.M. START

6:30 A.M. start for Race Day Registration / Packet Pick-up.

Race starts & ends by Lake Mendota West Shelter.

Awards, giveaways & some great corny food for all that participate.

Entry Fee – Non-Refundable. Race will be held rain or shine.

In case of cancellation due to severe weather, thank you for your donation.

Proceeds benefit OSF HealthCare
 Saint Paul Foundation
 Community Garden Project

Lake Mendota is easily accessible from many routes.

Lake Mendota (1901 Tom Merwin Dr.) is located right off of Route 52/251. If you are coming from the Chicagoland area or Northern Suburbs, use I-294 south or I-355 south to I-88 west, then to I-39 south. Also from Chicago, I-55 south to I-80 west may be used to reach I-39 north. If you are coming from the western suburbs, use I-88 west to I-39 south. If you live in the Southern Suburbs, take I-80 west to I-39 north. The exit off I-39 for Mendota is exit #72, Route 34, Mendota-Earlville, turn west on Route 34 and in 2 miles you will be in Mendota. From other areas, north or south of Mendota, use I-39, U.S. Route 52 or U.S. Route 251. For visitors from the east or west of Mendota, use I-80 to I-39 north or U.S. Route 34.

For More Information Call
 JoEllyn Gahan, (815) 539-1659
 or joellyn.gahan@osfhealthcare.org
www.osfsaintpaul.org

72nd Annual Mendota Sweet Corn Festival
 August 8th -11th
www.sweetcornfestival.com
 or call Mendota Chamber of Commerce
 (815) 539-6507

