

Waterfront 5K Course

The Waterfront 5K is a USATF certified 5K course. It begins by the Trolley Station, 324 North Madison Street in downtown Rockford, adjacent to the On the Waterfront Festival grounds. The course heads north along Madison Street, joining up with a paved recreational running/bike path that follows along the banks of the Rock River. The Waterfront 5K is an out and back race, and the terrain is flat and fast. Water will be available at the aid stations located at the start/ finish



Course Records

- Men's:
Moset Waweru 2010 14:54.4
- Women's:
Jessica Langford 2007 17:03

**Set a new course record and earn
\$100!**

ON THE WATERFRONT, INC.
Waterfront 5K
308 W. State St., Suite 115
Rockford, IL 61101

ON THE WATERFRONT 2011 5K



**Saturday,
September 3 , 2011**

**18TH ANNUAL 5K RACE
&
KIDS 1/4 MILE FUN
RUN**

www.OnTheWaterfront.com

WATERFRONT 5K ENTRY FORM

Make Checks Payable To:

On the Waterfront, Inc. - Waterfront 5K
308 W. State St., Suite 115, Rockford, IL 61101

(One entry per participant - you may photocopy form)

Name _____

Address _____

City _____ State _____ Zip _____

Age (As of 9/3/2011) _____ Sex: M F

Date of Birth _____

E-mail Address _____

Shirt Size: S M L XL

5K RACE (First 400 entries receive a t-shirt)

_____ Advance Registration \$26
(includes a race t-shirt & OTW pass)

_____ Advance for Rockford Road Runners, Wildcats
& CARA members \$25
(includes a race t-shirt & OTW pass)

_____ Day of Race (Does NOT include OTW pass) \$30

KIDS 1/4 MILE FUN

_____ Advance Registration/ Day of Race FREE
(Does NOT include race t-shirt or OTW ticket)

RELEASE OF LIABILITY STATEMENT

In consideration of the acceptance of my entry and my participation in the Waterfront 5K, I, the undersigned, intending to be legally bound for myself, my heirs, my executors, my administrators and my assigns, forever release, waive, hold harmless, discharge and covenant not to sue On the Waterfront, Inc. and all sponsors of the Waterfront 5K, and any and all individuals, corporations, associations, municipalities, county government and park districts which participate in the staging or management of the Waterfront 5K, including but not limited to their trustees, officers, staff, employees or agents from any and all actions, suits, proceeding debts, judgments, damages, claims, liabilities and demands whatsoever, in law or in equity, which I may have arising out of or caused by any illness which I may suffer as a result, whether direct or indirect, by or through my participation in the Waterfront 5K. I further attest and verify that I am physically fit and prepared for participation in and completion of the Waterfront 5K, that I have full knowledge of those risks involved in the race and I assume those risks. I also understand and agree that any sponsor may subsequently use for publicity or promotional purposes my name and photographs, video tapes, motion pictures and recordings of me participating in the Waterfront 5K without obligation or liability to me.

Signature (Parent or Guardian if under 18) /Unsigned Waivers Will Not Be Processed

Date

Saturday, September 3, 2011

Starting Times

6:30 - 7:45 a.m.	Registration/ Package & Chip Pick-up
8:00 a.m.	Waterfront 5K Race
8:15 - 8:50 a.m.	Kids Entry
9:00 a.m.	Kids 1/4 Mile Fun Run
9:30 a.m.	Awards

Waterfront 5K

The Waterfront 5K is one of the longest running and popular 5K races in the Rockford area. Registration for the race includes a commemoration T-shirt (for the first 400 entries) and a festival admission pass to the 2011 On the Waterfront Festival (\$15 value). To register for the race, complete the entry form and return with your check (made payable to On the Waterfront, Inc.) for the applicable race fees to the address on the entry form. Call 815-964-4388 to request a race packet, or pick one up at the YMCA Log Lodge from 2:00 PM to 7:00 PM Friday, September 2, 2011.

Race Packets & Timing Chips

All race packets can be picked up Friday, September 2, 2011 at the Rockford YMCA Log Lodge, 200 Y Boulevard from 2:00 to 7:00 p.m. Runners may also register for the race during packet pick-up. On race day, packets must be picked up at the Trolley Station, located at Riverview Park, 324 North Madison St., which opens at 6:30 a.m. **All timing chips MUST be picked up at least 15 minutes prior to the start of the event.**



8TH ANNUAL 5K RACE & KIDS 1/4 MILE FUN RUN

Race Results and Awards

The 5K is part of the Rockford Road Runners Race Circuit. Awards and cash prizes will be given to the top three male and female runners in the 5K race. The top male and female runner in the Masters age group (40+ years) will also receive a cash prize. Awards will also be given in each designated age division. Age divisions and number of awards are as follows:

AGE	FEMALE	MALE	AGE	FEMALE	MALE
0 - 14	3	3	40 - 44	3	3
15 - 19	3	3	45 - 49	3	3
20 - 24	3	3	50 - 54	3	3
25 - 29	3	3	55 - 59	3	3
30 - 34	3	3	60 - 64	3	3
35 - 39	3	3	65 - 69	3	3
			70+	3	3

ONE LUCKY RUNNER WILL BE AWARDED TWO (2) ALLEGIANT AIR ROUND TRIP VOUCHERS TO ANYWHERE ALLEGIANT TRAVELS (OUT OF ROCKFORD). WINNER WILL BE CHOSEN AT RANDOM.



The Awards Ceremony will be held at the trolley station in Riverview Park as soon as the race results become available

If you have any questions, please contact 5K Race Director Steve Korn (815) 964-4388 x85, email: Steve.Korn@gvsminc.com