



BNC

All proceeds will be given to



TRAIL RUN

Date: April 17th , 2010

5K/10K Start Time: 10:00 A.M.

Fun Run Start Time: 9:30 A.M.

Pre-register by: April 10th, 2010

Entry fees:

- \$18.00 for pre-registered.....run/walk
- \$16.00 for students.....run/walk
- \$25.00 for race-day registration run/walk (no special rates on race-day)

*** Race Day Registration and Packet Pick-up starts at 8-9:30am

Course: Well marked and challenging, trail surface varies from asphalt, packed gravel and grass.

For more information or to register online visit... www.ballardnaturecentertrailrun.com

Contact person: Ramie Clagg
(217) 259-9112

AWARDS & PRIZES

Awards

5K/10K Run & 2mi. Walk

Top 3 Male and Female per race receive awards

All Participants 5k, 10k, Walk and Fun Run

Receive a finishers medal.

Door Prizes

All entrants will be entered to win various prizes provided by the BNC and sponsors.

Mattoon Multisport ChampionChip Timed Event

T-Shirts: All Preregistered entrants post marked before April 10th are guaranteed a 2010 Ballard Nature Center T-shirt and selected size; Limited quantities and sizes on race morning

Remove and Send the Form below to: **5150 E. US. Hwy 40, Altamont, IL 62411**; make checks payable to **Ballard Nature Center**

Ballard Nature Center Trail Run Entry Form (please print clearly)

First Name: _____ Last Name: _____

Street: _____ City: _____ State: _____ Zip: _____

Phone # _____ Birth date: _____ Race Day Age: _____

E-Mail Address: _____

| | | |
|---------------------------|------------|-----|
| Please circle one: | | |
| <u>Runners</u> | 5K | 10K |
| <u>Walkers</u> | 2 Mi./Walk | |

| |
|--------------------------------------|
| <u>Payment Type:</u> |
| <u>Amount Enclosed:</u> _____ |

Circle One:

| |
|---------------------------|
| <u>Gender</u> |
| M F |
| <u>Shirt Size</u> |
| S M |
| L XL |
| XXL |
| Official Use Only: |
| BIB#: |

I hereby absolve the Ballard Nature Center Trail Run as well as Ballard Nature Center and any of it's members, helpers or sponsors of all liability from any injury resulting from this event.

* _____ Date: _____

*Signature (if under 18, parent or guardian)