

The Hampshire Township Park District presents the

26th Coon Creek Classic

Sunday, August 2, 2009

10K Race Starts at 8:00am

2K Race Starts at 8:05am



Entry Fee

All mail in registrations must be received by Friday, July 31

Hampshire resident: \$15

Non-resident: \$18

\$2.00 discount for CARA members

Late Registration

\$25 for Hampshire residents and non-residents

On race day, August 2nd, at the Hampshire Middle School registration will be open from 7:00am to 7:45am. **No entries will be accepted after 7:45am**

Confirmation

Please send a self addressed, stamped envelope if you wish to confirm your entry

Race Bags

Entry fee includes a T-shirt and race bag.

Race bags will be available starting Monday, July 27 at the Hampshire Township Park District, 390 South Avenue, Hampshire or pick up the day of the race.

Awards

AN AWARD CEREMONY WILL BE HELD IMMEDIATELY FOLLOWING THE RACE.

Medals will be given to the top 3 males and 3 females finishers in each age division (10K & 2K).

Plaques (10K only) to the top male and top female overall finishers and the top male and female finishers who reside in Hampshire.

Ribbons will be given to all Coon Creek Classic participants. Please find them in your race bags.

NO DUPLICATE AWARDS WILL BE PRESENTED.

Divisions

Female and Male: 7U, 8-12, 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Evaluations

Please help us improve our race. Stop by and pick up an evaluation form and fill it out. Evaluations are also available for you to fill out online and view the results at www.cararuns.org.

Location

Race begins and ends at the Hampshire Middle School, 560 S. State Street, Hampshire, IL 60140

Directions

Hampshire is located on Illinois Route 72, approximately 15 miles west of Elgin. From the West on I-90, follow the signs at Hampshire-Marengo Exit from I-90. Coming from East on I-90, take Illinois 47 Exit and turn left (South). Go South on 47. Turn right (West) on Illinois route 72 and go approximately four miles to State Street. Turn right onto State Street and turn left on Edgewood Ave., the school entrance will be on your left.

Strollers, bikes, skates, and dogs are not permitted in the races.

USATF Certified #IL-02092-JW

Splits called every mile. Aid and water stations will be available during the race.

Instant computerized results will NOT be mailed. Please pick up your results tickets at the end of the finishing gate

Course Records

2K- Male – 6:14 Jon Pollack 2000
Female – 7:28 Ann Stahl 1988
10K- Male – 32:00.1 Doug Jones 1990
Female – 37:32.8 Gloria Kuiken 1991

Hampshire Resident Records

2K- Male – 6:22 Chris Podjorski 1999
Female – 8:09 Maggie Gannon 2008
10K- Male – 35:46 Erik Bahe 1989
Female – 44:52 Linda Stoxen 1992



The Chicago Area Runners Association (CARA) is a non-profit organization devoted to expanding, motivating, supporting and celebrating the running community of Chicagoland. CARA connects runners to resources that enable them to run – further, faster, better, for life.

Due to CARA's advocacy efforts, runners in the Chicago area enjoy some of the highest quality road races in the country. This race has partnered with CARA and, on behalf of its runners, has agreed to comply with and uphold CARA's road race standards. The object of CARA's Race Standards is accuracy, safety and comfort for runners. To view those Standards and to learn more about CARA, visit www.cararuns.org.

Please fill out entry form on back

Drop off Race Entry Forms at the Hampshire Township Park District Office at 390 South Ave., Hampshire, mail to Hampshire Township Park District, PO Box 953, Hampshire, IL 60140, or Fax to 847.683.1741

Call the park office at 847.683.2690 with questions regarding the race. Visit our website: www.hampshireparkdistrict.org



Coon Creek Classic Entry Form

(Read entry form before completing - print clearly)

Warning of Risk

Running and power walking are intended to challenge and engage the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including death. Understandably, not all hazards and dangers can be foreseen. The very nature of road racing is hazardous and risky, including but not limited to overexertion, dehydration, slip and falls, collisions with other participants, the effects of weather, dangerous conditions of the road, being struck by a vehicle or bicycle, lack of good physical conditioning, poor training technique, and all other circumstances inherent in running/walking events. In this regard, it must be recognized that it is impossible for the Hampshire Township Park District to guarantee absolute safety.

Waiver and Release of all claims

In consideration for participation in this event, I agree to assume the full risk of any and all injuries, damages, or loss which I or my minor child might sustain as a result of participating in this event, including pre and post race activities. I hereby agree to waive and relinquish any and all claims I or my minor may have as a result of participation in this event against the Hampshire Township Park District, Chicago Area Runners Association, Village of Hampshire, Township of Hampshire, County of Kane, and their respective officials, employees, agents, and volunteers (collectively referred to as "releases"). I further fully release and discharge Releases from any and all claims from injuries, damage, or loss which I or my minor child may have or which may accrue to me or my minor child on account of participation in this event, including pre and post race activities. I also give my permission for the free use of my and or my minor child's name and or picture in any broadcast, telecast or other accounts of this event. I further attest and certify that my minor child or I are physically fit and have sufficiently trained for completion in this event. I understand that the 10K course must be completed in no more than 1 hour and 30 minutes from start of the race.

Signature (Parent or Guardian's Signature if under 18)

(Date)

Please Print the Following Information

Name _____

Address _____ **City** _____

State _____ **Zip** _____ **Phone Number (_____)** _____

Race Entered (Circle one only): 2K 10K

Sex (Please Circle) M F

Residents of Hampshire _____ **Yes** _____ **No**

Age on Race Day _____

Circle Desired T-Shirt Size

YM YL AS AM AL AXL AXXL

Birth Date: mm____/dd____/y_____

CARA membership # _____

email address _____

Do you have any need for special accommodations for this event? If yes, please explain:

Mail or FAX Payment		Please do not send cash	CHECK # _____
PO Box 953 Hampshire, IL 60140 FAX # 847.683.1741	_____ MASTERCARD _____ VISA		
	Card # _____ / _____ / _____		
	Exp. Date ____/____ V-code ____/____/____ Amount of Charge _____		
	Cardholders Name _____		
	Authorized Signature _____		