

34TH ANNUAL ELGIN VALLEY FOXTROT

10 MILE RUN . 5K RUN . MAY 30, 2011



HOSTED BY
THE CITY OF ELGIN
TO RAISE MONEY FOR
YOUR FAVORITE
CHARITY

TIMING CHIPS WILL BE USED FOR THIS YEARS RACE RESULTS!

STARTING TIMES

10 Mile Race: 8:00 AM SHARP! 5 Kilometer Race: 8:05 AM SHARP!

Start Area: City Hall, 150 Dexter Court

SPECIAL NOTE: Walking the course is not permitted!

Roller Blades, strollers, dogs, bikes and skateboards are not allowed on the race course.

ENTRY FEES

All proceeds from Elgin Valley Fox Trot cover the expenses of the race and help fund portion of the Youth Scholarship Fund. Donations & pledges are separate.

10 Mile: \$35 (\$45 on race day, no Centre or CARA discount)

5 Kilometer: \$35 (\$45 on race day, no Centre or CARA discount)

CARA or Centre members discount \$3 (one discount per registration).

Entry fees are non-refundable.

All runners must register by May 14th to be guaranteed an event t-shirt.

Registrations after May 14th may receive a t-shirt while supplies last.

Register by March 31st to receive a free tech shirt.

REGISTRATION - NO EXCEPTION TO DEADLINES

IN PERSON: Parks & Recreation Office at The Centre, 100 Symphony Way, Elgin, IL 60120.

Weekdays from 8:00 AM to 5:00 PM by May 26th

BY FAX: Fax form to 847.531.7020 **by May 26th**

BY MAIL: Mail form to Parks & Recreation Dept, 100 Symphony Way, Elgin, IL 60120.

For confirmation of entry, send a self-addressed, stamped envelope. **By May 26th**

ON-LINE: Visit www.cityofelgin.org - Quick Links/Fox Trot

On-line Registration By 3:00 PM May 27th

RACE DAY: **From 6:15 AM to 7:30 AM SHARP**

PACKET PICKUP

Runners' packets will be available on May 29th from 10 AM - 3 PM in the City Hall Parking Lot (150 Dexter Court) or pick-up on race day at the Start/Finish Line at Douglas and Dexter Court from 6:30 AM until the start of the race.

FOR MORE INFORMATION

**CALL (847) 531-7005 OR VISIT
WWW.CITYOFELGIN.ORG/FOXTROT**

AWARDS

Award division for the 10 mile and 5K races will be as follows: age 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over, male & female. Overall winners will be excluded from age group awards.

Awards will be presented to the top three finishers in each age division, and the top overall male and female finishers. Awards distribution will begin in The Hemmens Cultural Center lower level at the finish of the 5K run.

New this year! In addition to a trophy, the overall and top three male and female winners will receive a cash prize. Overall winners will not be excluded from the top male/female cash awards. All cash prizes will be mailed out within 90 days of the final race results and there will be paperwork involved. Please see website for award breakouts.

RESULTS

Times for the top finishers of the 10 Mile and 5K will be posted in the City Hall Parking Lot (150 Dexter Court). All race results are sent to the National Running Center and can be found on the City of Elgin website: www.cityofelgin.org

MASSAGES

Elgin Community College School of Massage Therapy will provide free massages to runners following the race in the Registration Tent.

SHOWERS

Please bring your own towel! Showers are available at The Centre from 9:00 to 11:00 AM

REFRESHMENTS

Fresh fruit, beverages & an assortment of refreshments will be available following the race.

LODGING

The Elgin Area Conventions and Visitors Bureau was able to secure a room rate of \$79 plus tax at area hotels: Country Inn & Suites, Hampton Inn & Suites, Holiday Inn and Marriott Courtyard & Towneplace Suites. Rooms are available as a first come first serve. When making your reservation please let them know that you are reserving under the Fox Trot room rate. For additional information please call The Elgin Area Conventions and Visitors Bureau at (847) 695-7540 or visit them at www.northernfoxrivervalley.com.

PARKING

Convenient, free parking is available in the Civic Center parking lots next to the Elgin City Hall and the Spring Street Garage.

OFFICIAL ENTRY FORM

NO ENTRY WILL BE ACCEPTED WITHOUT SIGNATURE AND PAYMENT

Check One:

10 Mile Race \$35

5K Race \$35

CARA or CENTRE Member # _____ (\$3 discount available until 5/26/11 at 5 PM)

For office use:

2011 Running # _____ Division _____

Names _____
(PLEASE PRINT CLEARLY)

Address _____

City _____ State _____ Zip Code _____

Daytime Phone _____
(REQUIRED FOR ENTRY)

E-mail Address _____

Birthdate _____ M/F _____ Age _____

FEES

Race: 10 Mile Race \$35 / 5K Race \$35 / CARA or Centre Member \$32 \$ _____

Additional Tax-Deductible Donation for charity

Community Crisis Center YWCA Boys & Girls Club
 United Way Elgin Youth Scholarship \$ _____

Upgrade to a technical shirt for just \$10 (upgrade does not include a cotton t-shirt) \$ _____

(Register by March 31st and receive a free tech shirt)

TOTAL FEE ENCLOSED \$ _____

Charge Card # _____

Circle One: Visa Mastercard Discover Expiration Date _____

RELEASE AND WAIVER

In consideration of my entry being accepted in the Elgin Fox Trot Race, sponsored by the City of Elgin and Chicago Area Runners Association, I am intending to be legally bound, do hereby, for myself, my heirs, executors, and assigns, waive, release and forever discharge any and all rights and claims for damages which may hereafter accrue to me against the City of Elgin and Chicago Area Runners Association, or their respective officers, agents, representatives, successors, assigns, and sponsors for any and all damages which may be sustained and suffered by me in connection with my association with or entry or participation in the Elgin Valley Fox Trot, including pre- or post-race activities.

I have been warned that I must be in good health to participate in the event and I attest and verify that I am physically fit and have trained for this event. A physical examination is not required to run this event. However, all competitors participate at their own risk. If in doubt as to your physical condition to engage in an event as strenuous as a 10 Mile or 5K Race, it is strongly recommended that you seek the advice of a competent physician. All persons under 18 years of age must have written consent of their parents or legal guardians to compete in the above mentioned event.

Signature _____ Date _____

The undersigned parent or guardian hereby consents to the applicant's participation and waives and releases all rights and claims for damages as is more fully set forth above.

Signature _____ Date _____

Mail form with payment to: Elgin Valley Fox Trot
Elgin Parks and Recreation
100 Symphony Way / Elgin, IL 60120

Fax form to: 847.531.7020 **On-line go to:** www.cityofelgin.org/foxtrot

No in-person, fax or mail-in registrations after May 26th

No on-line registrations after 3:00 PM May 27th

NO EXCEPTIONS

If you request a T-shirt size other than XL, please circle here **S M L**

PLEASE NOTE: In order to be guaranteed a t-shirt you must register by May 14th.

Register by March 31st to receive a free tech shirt.