

## About the Race

The Community Bank Makin' Tracks 5K Run/Walk is presented by the Community Bank of Oak Park River Forest, the River Forest Park District, Concordia University Chicago and Fenwick High School. Net proceeds from this event will benefit the West Suburban Special Recreation Association (WSSRA) to provide superior recreation services for adults and children who have a physical impairment, developmental delay, a mental disability or any other type of disability. The race is a 3.1 mile USATF-certified course (USATF# IL-08078JW) that will run through the flat, tree-lined streets of River Forest. The course map is available on the River Forest Park District's website at [www.rfparks.com](http://www.rfparks.com). The 5K Run/Walk will begin at 8:00am SHARP, and the Tot Races and Wheelchair Dash will begin at 8:45am.

## An Event for the Whole Family

- The 5K course runs through the flat, scenic, tree-lined streets of River Forest
- T-shirts
- Goody bags
- Free Tot Races & Wheelchair Dash at Concordia University Chicago Stadium

## Registration Information

Registration is available online at the River Forest Park District website at [www.rfparks.com](http://www.rfparks.com) or at [www.signmeup.com/69106](http://www.signmeup.com/69106). Registration by mail should be sent to the River Forest Park District, 401 Thatcher Avenue, River Forest, Illinois 60305, postmarked no later than Sept. 24, 2010. Walk in registration is available at The Depot, 401 Thatcher Avenue (8:30am-4:30pm, M-F) until Wednesday, Sept. 29, 2010 at 12:00pm (CST). Race day registration will be at the west end of Concordia University Stadium from 6:30am-7:30am.

## Entry Fees

Adult	\$25.00, \$30.00 Race Day
Full Time Student (ID required)	\$20.00, \$25.00 Race Day
Children (14 and under)	\$15.00, \$20.00 Race Day
Wheelchair Athletes (All Ages)	Free
Tot Races (Ages 3-6)	Free
Wheelchair Dash (All Ages)	Free

### CARA members receive a \$2.00 discount

All paid registrations receive participation in the 5K Race/Walk, t-shirt, goody bag, and food and water after the event.

**This is a running event. For the safety of our runners, bicycles, in-line skates, roller skates, other wheeled vehicles & dogs are NOT allowed on the course. Runners with baby joggers & strollers are permitted, but must line up behind the other runners.**

## Packet Pickup

Pre-race packet pickup will be available for pickup at the Community Bank of Oak Park-River Forest, 7777 W. Lake Street, River Forest, between Sept. 27-28 from 8:30am-5:00pm, and at The Depot, 401 Thatcher Avenue, River Forest, between Sept. 29-30 from 8:30am-4:30pm. Race day registration will be at the west end of Concordia University Stadium from 6:30am-7:30am.

## Race Information

**Directions to the Race:** Available at [www.rfparks.com](http://www.rfparks.com).

**Parking:** Free parking is available in the Concordia University campus parking structure, located off Bonnie Brae Place. PLEASE NOTE: Parking is not permitted on Monroe Avenue or on village side streets.

**Start/Finish:** The race will begin at 8:00am on Monroe Avenue, one-half block south of Division Street in River Forest. Monroe Avenue is the west border to Concordia University. The race will finish on the Concordia University Stadium track.

**Gear Check:** Gear may be checked in just left of the registration tent, located at the west end of the stadium. Your gear will be checked according to your assigned race number. Makin' Tracks is not responsible for any lost or stolen items.

**Water:** Water will be available at the start, finish, and on the course.

**Split Times:** Miles 1, 2 & 3.

**Restrooms:** ADA accessible restrooms are located near the finish line, on the east side of the stadium track.

**First Aid:** An advanced life support ambulance unit will be stationed at the finish line for anyone who might need its services.

## Awards

Awards will be given to overall male and female winners, plus the top three finishers in the following age categories:

- 14 and under
- 15-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70-79
- 80+
- Wheelchair Athlete

Ribbons will be given to all participants in the Tot Races and Wheelchair Dash.

The awards ceremony will begin at 9:10am.

## Results

Result times may be obtained from [www.cararuns.org](http://www.cararuns.org)



## Registration Form

### Three ways to register:

1. Drop off the form and check at The Depot, 401 Thatcher Avenue, River Forest, Illinois 60305. Please make check payable to the River Forest Park District.
2. Mail the form and check to: River Forest Park District, 401 Thatcher Avenue, River Forest, Illinois 60305. Please make the check payable to the River Forest Park District. Mailed registration forms must be postmarked by September 24, 2010.
3. Register online at [www.rfparks.com](http://www.rfparks.com) (6.5% plus \$.50 service fee) or at [www.signmeup.com/69106](http://www.signmeup.com/69106) (6.5% plus \$1.00 service fee). Online registration is available until September 29, 2010 at 12:00pm (CST).

**Sorry, no refunds. There will be a \$25.00 fee for all returned checks. One form per participant (photocopies accepted). Please print clearly and complete this form to guarantee accurate and proper input of information. Unsigned entries or entries without payment will not be accepted.**

Event:	Code
<input type="checkbox"/> 5K Run (Adult)	5603.200
<input type="checkbox"/> 5K Walk (Adult)	5603.201
<input type="checkbox"/> 5K Run (Full Time Student)	5603.202
<input type="checkbox"/> 5K Walk (Full Time Student)	5603.203
<input type="checkbox"/> 5K Run (Child)	5603.204
<input type="checkbox"/> 5K Walk (Child)	5603.205
<input type="checkbox"/> Wheelchair Athlete (Free)	5603.207

**PLEASE NOTE: Registration is not required for the Tot Races and Wheelchair Dash.**

**T-Shirt Size:**  S  M  L  XL  XXL

Name \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Email \_\_\_\_\_ Sex  M  F Birthdate \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Have you participated in Makin' Tracks before?  Yes  No How many years? \_\_\_\_\_

### FEES:

Adult: \$25.00, \$30.00 Race Day

Full Time Student (ID Required): \$20.00, \$25.00 Race Day

Children (14 years and under): \$15.00, \$20.00 Race Day

CARA and USATF members receive a \$2.00 discount. USATF/CARA number: \_\_\_\_\_

I am enclosing the following payment: \$ \_\_\_\_\_

I cannot participate in the event. Please accept this donation on my behalf: \$ \_\_\_\_\_

I will pick up my Race Packet at (please check one):  Community Bank of Oak Park-River Forest, 7777 W. Lake Street, River Forest (Sept.27-28)  
 River Forest Park District, 401 Thatcher Avenue, River Forest (Sept. 29-30)  
 Race Day

## Waiver

I know that participating in this event is a potentially hazardous activity. I should not enter or run or walk unless I am medically able and properly trained. I agree to abide by any decisions of the race official relative to my ability to safely complete the course. I assume all risks associated with running and walking this event, including, but not limited to: falls, contact with other participants, the effects of weather, including low temperature and/or wind chill, traffic, and conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of this entry, I hereby for myself, heirs, executors and administrators waive any and all claims that I may have for damages against the River Forest Park District, Community Bank of Oak Park River Forest, Concordia University Chicago, Fenwick High School, Race Time, Chicago Area Runners Association, USA Track and Field Illinois Association, the Village of River Forest, and all sponsors and individuals associated with this event, their representative and successors, and assigns for any and all injuries suffered by me in connection with this event, including pre and post race activities. I hereby grant permission to the River Forest Park District and its authorized agent to use my name and photographs, videotapes, motion pictures, recording and/or other record of my participation in this event for any purpose.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

If under 18:  
 Parents Signature \_\_\_\_\_ Date \_\_\_\_\_

PLEASE DETACH AND ATTACH YOUR PAYMENT.



River Forest Park District  
401 Thatcher Avenue  
River Forest, IL 60305



# 13th Annual Community Bank Oak Park • River Forest Makin' Tracks 5K Community Run/Walk

**Saturday, October 2, 2010**

**8:00am Start Time  
for Wheelchair Athletes**

**8:05am Start Time**

**Concordia University Chicago  
7400 Augusta Street  
River Forest, Illinois 60305**

**Net proceeds benefit the  
West Suburban Special  
Recreation Association**



For more information, please visit our website at  
[www.rfparks.com](http://www.rfparks.com) or call 708-366-6660 x105

Register online at [www.rfparks.com](http://www.rfparks.com) or  
[www.signmeup.com/69106](http://www.signmeup.com/69106)



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](http://www.cararuns.org).

## 2010 Sponsors



### Gold Members



**Gottlieb  
Memorial  
Hospital**

### Silver Member

*Grace Lutheran Church*

### Bronze Members



## A Message from the Sponsor

Community Bank of Oak Park River Forest is proud to announce its 13th year of sponsoring the Makin' Tracks 5K Run/Walk. Makin' Tracks has become a popular event for runners throughout Chicagoland because of the opportunity to run in a well-organized, fun race through beautiful River Forest. Profits from the event go to support the West Suburban Special Recreation Association (WSSRA), which provides first class recreational services for persons with disabilities.

As our event celebrates its 13th year, we are delighted to work closely with other community organizations in presenting Makin' Tracks. Together with the River Forest Park District, Concordia University Chicago and Fenwick High School we believe Makin' Tracks has become a community institution. Serious runners, casual runners and those who enjoy a nice walk through beautiful River Forest all come out to enjoy the festivities. Makin' Tracks is also a family event, and we have kid's races that promote exercise and good health. Congratulations to all of our runners and walkers. Thanks for helping build Makin' Tracks into one of the premier events in our community.

Good luck to all!

Sincerely,

Walter F. Healy,  
President  
Community Bank of Oak Park River Forest