

Bridge the Gap 5K & 1 Mile Fun Run

August 24th, 2013

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Start your day with a 5K, or 1 mile Fun Run. After the race, join us in the Cafetorium for a pancake breakfast!

Details...

- The race will take place on Saturday, August 24th at 8:00 a.m.
- Registration begins at 6:45 a.m. and ends promptly at 7:45 a.m. You *must* pick up your registration packet during this time at the registration table just outside the track.
- The race course begins with $\frac{3}{4}$ of a lap on the track, and then it's through the gate and onto the grass, around our athletic complex. You will then you will run past the south gym and onto the road portion of the course. You will continue on the road portion, passing the grade school, and finish in the North West parking lot of the high school. Go to this link to view map: <http://www.usatf.org/routes/view.asp?rID=516594>
- There will be male and female divisions in each of the following age divisions
 - 10 and under, 11 – 14, 15 – 20, 21 – 30, 31 – 40, 41 – 50, 51 and over
 - **Ribbons will be awarded to the top 3 finishers in each division.**
- Mile splits will be called out, and water will be offered at the 1 and 2 mile stations.
- Entry fee is \$20 if received before August 1st; \$25 on race day.
- Entry fee for 1 mile fun run (entire mile on the track) is \$5 per person with a max of \$15 per family. **The 1 mile fun run does not include T-Shirt.**

Entry Process:

1. Fill out the entry form below and mail it along with payment to:

Tremont High School
Attention: Matt Gossmeyer
400 West Pearl
Tremont, IL 61568

2. Email completed form to mattg@tremont702.us. Print and bring the confirmation email along with your entry fee of \$20 to the registration table the day of the race. **You must print out the confirmation email you receive in order to get the discounted entry price!**

Entry Form

Name: _____

Address _____

City: _____ State: _____ Zip: _____

Email Address _____ Cell/Home Phone # _____

Age: _____ Gender: _____ T- Shirt Size: _____

Signature (indicating you have read and agree to the following waiver)

Parent/Guardian signature if runner is under the age of 18.

I warrant that I am physically fit enough to run this race and have done proper training. In consideration of my entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive and discharge any rights and claims against the Bridge The Gap Committee, Tremont District 702, the Town of Tremont, the Race Committee and/or any other individual or groups involved with the running of this event for any or all injuries suffered by me at this event or while traveling to and from the event.