



CACTUS CLASSIC 10K TRAIL RACE



Be sure to visit WWW.IVS.ORG or CITRA.IVS.ORG for information on this and other races

Distance:	10K (3.7miles)	Date:	Saturday Mar 13 th 2010	Start Time:	9AM
Location:	Sand Ridge State Forest	City, State:	Manito, IL		

Prizes to Male/Female Top Overall & Top Age Group
Age groups: 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60 and over.

This course runs through the pine forests of Sand Ridge State Forest. It begins and ends at the "Oak Campground". The trail is generally flat with a few rolling sections. The trails themselves consist of loose sandy soil for which the park is named. Running these trails is similar to running on a beach. This race is named for the cacti that grow wild throughout the park. Keep your eyes open and you should be able to spot them. There will be 2 aid stations evenly distributed across the course.

Pre-registered participants will receive an **EMBROIDERED ATHLETIC WARM-UP JACKET** with registration!
(Jacket is valued at \$40)

Early Registration Fee: (before Mar 3rd, 2010)	\$45.00	Race Day Registration Fee: (No jacket guaranteed)	\$50.00
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Send to:
Midwest Races C/O Greg DeKeyser
206 Kerfoot St.
East Peoria IL 61611

Make Checks Payable to 'Midwest Races'. Race Entry is non-refundable.

Name: _____ Date of Birth: _____ Gender: _____
(mm/dd/yyyy)

Street Address: _____ City, State: _____ Phone #: () _____

Email: _____ **JACKET Size:** S M L XL XXL Age on Race _____
Day: _____

CACTUS CLASSIC 10K: ASSUMPTION OF RISK AND LIABILITY

I realize and acknowledge that this event is a foot race over rugged, narrow, unpaved, rocky, steep and twisting course which is not designed for crowds. I realize that I may encounter poisonous plants, thorns, and extremely hot or cold weather. I AM FULLY AWARE THAT RUNNING AND WALKING THIS COURSE MAY BE DANGEROUS TO LIFE AND LIMB EVEN UNDER THE BEST CONDITIONS. I am aware that crowds of runners, adverse physical conditions and possible adverse weather conditions will result in a hazardous and dangerous condition on the day of the race. I realize that as with all athletic events, there is the risk of dehydration and other medical risks. The costs of any medical/rescue services will be my responsibility. With full knowledge of all the above facts and warnings, I intend to participate in and/or allow my child/children, ward or wards to participate in the this event and that I assume all risks in or related to said participation in the event, including full responsibility for myself, my child/children, ward or wards and all of my and/or their acts or omissions. In consideration of acceptance of my entry and granting of permission to run in the race, I do hereby for myself, my heirs, assigns, executors and administrators release and forever discharge the Race Director, The Central Illinois Trail Runners Alliance, The Illinois Valley Striders, and IL DNR, or any of their respective directors, officers, members, representatives, volunteers, employees, successors and assigns and all other persons and associations from any and all claims and causes of actions by reason of any injury or injuries, whatever nature, which have or has been sustained or which may be sustained or which has or have been accrued or which may accrue to me or my child/children, ward or wards as a result of or in conjunction with this event, or my traveling to or from the event, or my entry, participation or related travel to any of my children or wards. By acceptance in the Race, I agree to abide by all the rules and decisions of the event race director. I grant the release and full use of my name(s) and/or images and those of my children, ward or wards by the Illinois Valley Striders, IL DNR, The race director, and the Central Illinois Trail Runners Alliance.

Signature: _____ **Date:** _____
(or parent/guardian if under 18)

Emergency Contact: _____ **Emergency Contact Phone:** _____