



Ottawa Network of Young eXecs

# Dash for Ca\$h

5K Run | Walk Benefit

**Saturday, July 18, 2009 | 8:00 am**

Join ONYX, the Ottawa area's new young professionals group, in raising money for a good cause! ONYX will donate half of its race proceeds to the **American Red Cross of the Heartland**, the chapter that supports Ottawa and its surrounding communities. The American Red Cross is a humanitarian organization, led by volunteers, that provides relief to victims of disasters and helps people prevent, prepare for, and respond to emergencies.

**COURSE:**

- ✓5K (3.1 mile) loop course starts and ends near Ottawa waterfront
- ✓Ample parking available
- ✓Varying terrains and scenic routes including paved side streets, the Illinois & Michigan Canal, historic brick streets, and the Ottawa River Walk

**CHECK-IN:**

- ✓Ottawa River Rescue Squad  
234 Albin Stevens Dr., Ottawa, IL 61350
- ✓Parking near Central School

Registration beginning at **6:30 am**  
Race starts at **8:00 am** sharp

**ENTRY FEE (NON-REFUNDABLE):**

- ✓\$20.00 pre-registered by **July 3rd**.
- ✓\$25.00 race day registration

**RACE FEATURES:**

- ✓Splits at miles 1 & 2
- ✓Water stations provided
- ✓Electronically timed
- ✓Finish time and results available online at [www.starvedrockrunners.org](http://www.starvedrockrunners.org) within 48 hours of race
- ✓Refreshments after race
- ✓T Shirts guaranteed to pre-registered runners/walkers.

*No bandits, dogs, wheeled vehicles or headsets allowed on the course.*

**QUESTIONS:**

onyx.illinois@gmail.com -or-  
(815) 343-1601 for Brianne Hougas  
(815) 341-3681 for Karen Brodbeck

**AWARDS:**

- ✓Award ceremony to follow tabulation of results
- ✓Awards to overall male and female winners and 1st, 2nd and 3rd **male & female winners in each division.** Overall male & female winners will not be eligible for age division awards.

13 & under	45-49
14-19	50-54
20-24	55-59
25-29	60-64
30-34	65-69
35-39	70-74
40-44	75 & over

The 5K race will be held rain or shine. In the event the race is cancelled due to inclement weather, we thank you for your donation to ONYX and the American Red Cross of the Heartland.

**PLEASE PRINT**

Name: \_\_\_\_\_

Age as of July 18, 2009: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

*I would like to make an optional donation of \_\_\_\_\_ dollars directly to the **American Red Cross of the Heartland.***

T-Shirt Size:    YXL    S    M    L    XL    2X  
(please circle)

*Donation may be included with your race registration. Thank you for your support!*

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of our acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Ottawa Network of Young eXecs, Starved Rock Runners Ltd, Illinois Department of Natural Resources, Ottawa River Rescue Squad, and the City of Ottawa and all sponsors, their representatives and successors from all claims or liability that may arise out of negligence or carelessness on the part of the person named in this waiver.

\_\_\_\_\_  
Date

\_\_\_\_\_  
OFFICIAL USE ONLY: BIB #

\_\_\_\_\_  
Signature (Parent or guardian if under 18 years of age)

**MAKE CHECKS PAYABLE TO:**  
Ottawa Network of Young eXecs

**MAIL TO:** ONYX, 633 LaSalle St., Suite 401, Ottawa, IL 61350