

8th Annual Northwest Passage Race

5K Run & Pancake Breakfast

Supporting the Youth Programs of Northwest Community Center

Date:

Saturday, April 28, 2007

Time:

8:00 a.m. (Registration 7:00 – 7:45)

Place:

Mel Anderson Bike Path
1325 N. Johnston Ave.
Rockford, IL 61101

Entry Fee:

\$20.00 Pre-register, \$25.00 Day of the Race
\$15.00 Pre-register (*kids under 14*), \$20.00 Day of the Race
\$1.00 Discount for Rockford Road Runner/ Wildcats/ CARA Members
Shirts to first 100 participants

Race Packet Pick-up:

Friday, April 27th from 12:00pm - 7:00 pm
at Runner's Image - 219 E. State St.
SANCTIONED EVENT
Rockford Road Runner's Circuit Race

Divisions:

Men's & Women's 5K
03-14 20-24 30-34 40-44 50-54 60-64 70+
15-19 25-29 35-39 45-49 55-59 65-69
Awards will be given to overall male and female runners

Race Coordinator:

Hallie Johnston
815.997-0904
Hallie.johnston@gmail.com

Please send entries & checks payable to:

NORTHWEST COMMUNITY CENTER
1325 N. Johnston Ave.
Rockford, IL 61101



REGISTER ONLINE

www.northwestrockford.org

FREE PANCAKE BREAKFAST INCLUDED WITH YOUR REGISTRATION!!!

*Additional breakfasts may be purchased for a \$5.00 donation.

Prize Give-Aways!

NORTHWEST PASSAGE ENTRY FORM

Name _____ Address _____
City _____ State ____ Zip _____ Phone _____
Adult ____ Child (14 and under) ____ Birthday ____/____/____
Male ____ Female ____ T-shirt size S__ M__ L__ XL__
Rockford Road Runner Member Yes__ No__ Additional Pancake Breakfast only ____ \$5.00 each

WAIVER (Must Be Signed)

In consideration of being permitted to participate in the Northwest Passage, I, the undersigned, in full recognition and appreciation of the dangers and hazards inherent to recreational activities and outings and to this activity specifically, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the trail, do hereby voluntarily agree to assume all associated risks and responsibilities to which I may be exposed during transportation to and from the activity and during my participation in the activity. Further, I do, for myself, my heirs, successors, assigns, and personal representatives, hereby agree to waive and release the Northwest Community Center, the City of Rockford, the Rockford Park District, Rockford Road Runners, their representatives, all race sponsors, and all officials and volunteers assisting with the race from all claims or liabilities of any kind arising out of my participation in this activity even though the liability may arise out of negligence or carelessness on the part of the persons or parties named in this waiver.

Participant's Signature _____ Date _____
Parent's Signature (if under 18) _____ Date _____