



**1ST ANNUAL
HAMILTON COUNTY ROTARY 5K DONUT
RUN / WALK
& ½ MILE KID'S FUN RUN
9:00 A.M.**

**SATURDAY, MARCH 10TH, 2012
PROCEEDS BENEFITS THE MALAWI WATER WELL PROJECT
WWW.FACEBOOK.COM/DONUT5K**



**Hamilton County Rotary
St. Patty's Day Donut 5k
March 10th, 2011**

INFO:

TIME:
9:00 A.M. (RAIN OR SHINE) – 5K RUN/5K WALK
9:45 A.M. – ½ Mile KID'S FUN RUN

PACKET PICK UP:

10:00 A.M. TILL 4:00 P.M. ON FRIDAY, MARCH 9TH, 2012 AT WILSON'S COMPUTERS
8:00 A.M. TILL 8:45 A.M. ON SATURDAY, MARCH 10TH, 2012

REGISTRATION: (fee includes T-Shirt*)(Registration available on Active.com also)

\$22 – 5K POSTMARKED ON OR BEFORE FEBRUARY 29TH, 2012
\$28 – 5K POSTMARKED AFTER FEBRUARY 29TH, 2012 or DAY OF THE RACE.
REGISTRATION IS OPEN FROM 8:00 A.M. TILL 8:45 A.M. July 2nd
\$15 – KID'S FUN RUN – REGISTRATION OPEN TILL 9:30 A.M.

LOCATION:

DOLAN LAKE PARK AND RECREATION AREA,
RACE STARTS AND FINISHES AROUND THE DAM BY CATFISH CORNER.

COURSE:

RACE IS ONE LARGE CIRCLE INCLUDING A TRIP THROUGH THE SCENIC BOBBY AND JERRY SLOAN TRAIL.
RACE HAS GRADUAL FLOWING HILLS EXCEPT FOR TWO LARGE HILLS. OTHERWISE MAINLY FLAT.

AWARDS:

AWARDS TO THE TOP RUNNERS MALE AND FEMALE IN EACH AGE GROUP:

9 & UNDER 10-14 15-19 20-24 25-29 30-34 35-39
40-44 45-49 50-54 55-59 60-64 65 & OVER

OVERALL AWARDS TO TOP THREE MALES AND FEMALES:

TOP THREE WALKERS WILL RECEIVE AWARDS

KID'S ½ MILE FUN RUN (AGES 9 & UNDER):

EACH FINISHER RECEIVES A FINISHER'S AWARD

WHAT IS A DONUT RUN?

A DONUT RUN IS A 5K RACE WITH STATIONS ALONG THE WAY WHERE YOU
EAT DONUTS TO TAKE SECONDS OFF OF YOUR TIME.

DONUT RUN (INCENTIVES)

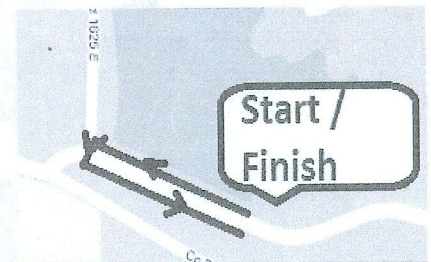
EAT 1 DOUGHNUT = 15 SECONDS OFF TIME EAT 2 DOUGHNUTS = 30 SECONDS OFF EAT 3 DOUGHNUTS = 45 SECONDS OFF EAT 4 DOUGHNUTS = 1 MINUTE
EAT 5 DOUGHNUTS = 2 MINUTES OFF EAT 10 DOUGHNUTS = 2 ADD'L MINUTES EAT 15, 20, OR 25 = 2 MORE MINUTES FOR EACH LEVEL

DO I HAVE TO EAT DONUTS?

NO, BUT POTENTIALLY YOU COULD LOSE TO SOMEONE WHO RUNS SLOWER BUT EATS MORE DONUTS.

WHAT DOES THE MONEY RAISED FROM THIS RACE GO TOWARDS?

THIS IS A FUNDRAISER PUT ON BY THE HAMILTON COUNTY ROTARIANS AND PROCEEDS FROM THE RACE WILL GO TO THE MALAWI WATER PROJECT. WE LOOK FORWARD TO PROVIDING
FRESH WATER TO MALAWI AFRICA.



COURSES:

5K RUN / WALK

½ MILE FUN RUN

PLEASE MAIL OR BRING ALL COMPLETED FORMS AND CHECKS TO: SAMUEL WILSON, 117A E. MAIN ST., MCLEANSBORO, IL 62859. MAKE CHECKS PAYABLE TO HAMILTON COUNTY ROTARY

Name: _____ Phone: _____ Email: _____

Address: _____ Birth Date: ____/____/____ Age on Race Day ____

City/State/Zip: _____ Circle Gender: M F

Estimated # of Donuts you expect to eat: _____ ?

Circle T-Shirt Size: **Adult** Small Medium Large X-Large **Youth** Small Medium Large

Circle Event: 5K Run 5K Walk ½ Mile Kid's Fun Run T-Shirt Only (\$10)

Waiver of Liability:

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all claims for damages, actions, and causes of actions against Hamilton County Rotary, McLeansboro, IL, their affiliates, subsidiaries, officials, representatives, employees, successors, and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this run/walk. Further I hereby grant full permission for the free use of my name and/or photographs, videotapes, motion pictures, recordings, or any other record of this event for legitimate purpose.

Participant's or Parent's signature if under 18 years of age _____

***WHILE SUPPLIES LAST (PREREGISTRATION GUARANTEES A SHIRT)**