

Trail Trekker 5k Run/Walk for a Cause

Saturday, July 30, 2022* – Start time 8:30am

**If extreme weather, postpone until Sunday, July 31*



Our scenic course starts at the old firehouse, winds around Marina Trail to the Harold Bathum Walking Trail, follows Hell's Branch Creek, and returns the same way. (*Marina & HBW Trail are not paved.*) This is a fun run/walk; there is no timing. The registration fee includes a commemorative t-shirt.

We ask that you register early, as we cannot guarantee a t-shirt to registrants after Monday, July 4.

Registration Fees: \$25 ages 13 & over (\$30 after July 4)
\$15 kids 12 & under (\$20 after July 4)

Packet Pick Up: Friday, July 29 8:00am – 3:00pm at the Association Clubhouse
14A157 Canyon Club Dr., Apple River, IL 61001 **OR**
Saturday, July 30, 7:30 – 8:20am

Check-in: Saturday, July 30 7:30 – 8:20am Upper Parking Lot

Checks payable to ACLPOA. Mail registration & entry fee(s) to:
ACLPOA, 14A157 Canyon Club Dr., Apple River, IL 61001

- ALL PROFITS GO TO BENEFIT THE AMERICAN CANCER SOCIETY -

SUBMIT BOTTOM PORTION ONLY - KEEP TOP FOR IMPORTANT FAQs (more on back).

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One registration form per person.



Name: _____ Phone: _____

Lot #: _____ Address: _____

Email: _____

T-Shirt Size (circle one): Child — S M L Adult — S M L XL 2XL 3XL

Total Paid: \$ _____ Check #: _____

WAIVER: In consideration of being permitted to participate in this event, I hereby for myself, my heirs, and personal representatives assume any and all risks which might be associated with the event. I further waive, release, discharge and covenant not to sue ACLPOA, its officers, employees, sponsors, organizers, volunteers, or other representatives, or their successors and assigns, for any and all injuries or damage of any kind whatsoever suffered as a result of taking part in the event or related activities. I also agree to the use of any photo, film, or videotape of event for any purpose.

Signature: _____ **Date:** _____
(Guardian's signature for participants under 18)

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- A 10-minute warning will go off at **8:20am**.
- Water will be available for participants.
- The course is a trail trek and consists of a combination of gravel, sealcoat, and grassy footpaths. It could be difficult terrain for standard strollers to travel on, however jogger strollers should be fine.
- **Prize Drawings:** Each registrant is entered into our prize drawing!