

START: At intersection of 81st & Oak Park, 25' 10" south of stop sign at NW corner, 26' N. of telephone pole at SW corner.

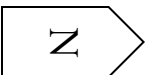
1 MILE: At sidewalk to 6145 - 81st and 6146 - 81st, 8' 9" E. of snow route sign

2 MILE: By school at middle of driveway, 6340 - 88th, 12' E. of telephone pole F 60.S.P.P.

3 MILE: At driveway 6740 - 81st, 12" east of the mailbox.

FINISH: At stop sign at S exit of Burbank Park District parking lot, 13' 4" W. of west edge at Newcastle.

1 MILE WALK: Will begin at the starting line, reach the half mile mark and end at the finish line.



## BURBANK PARK DISTRICT'S FROSTY 5K RUN 1 MILE WALK



**SATURDAY  
JANUARY 19, 2013  
9:00 A.M. - START**

### "SPONSORS"

**THANKS FOR YOUR SUPPORT**

**OLIVE GARDEN ITALIAN RESTAURANT**

**CITY OF BURBANK**

**BURBANK SPORTS**

**GEORGIOUS' RESTAURANT**

**JR.'S HOT DOGS**

**MATTSON'S WESTERN STEAK  
HOUSE AND SALON**

**NICK'S BARBECUE**

**SAM ASH MUSIC STORES**

**Burbank Park District  
8050 Newcastle Ave.  
Burbank, Illinois 60459**

## Race Information

### Date & Start Time

Date: Saturday, January 19, 2013

Time: 9:00 a.m. Start

### Entry Fees

Walkers.....\$15.00

Runners.....\$20.00 by January 12  
\$25.00 after January 12

### Age Divisions

0 - 9, 10 - 14, 15 - 19, 20 - 29, 30 - 39,  
40 - 49, 50 - 59, 60 - 69, 70 & Over

### Course Location

8050 Newcastle Ave., Burbank  
The race will begin at 81st & Oak Park Ave. (1 block east of the Newcastle Rec. Center) in Burbank and will end at the entrance to the Newcastle Rec. Center Parking Lot.

### Registration

Mail-in or walk-in registration will be accepted at the Burbank Park District office, located inside the Newcastle Rec. Center at 8050 S. Newcastle, Burbank. Payment must be in the form of either cash or check. **Make checks payable to the Burbank Park District.** You can also pay by credit card by registering online at [www.burbankparkdistrict.org](http://www.burbankparkdistrict.org).

### Race Day Registration

We will take registration the day of the event from 7:30 - 8:45 a.m. at the Burbank Park District's office, located inside the Newcastle Rec. Center at 8050 Newcastle Ave. (4 blocks east of Harlem)

## Race Information

### Packet Pick-Up

Pre-registered runners and walkers may pick up their packet during park district office hours beginning January 16th.

### TAC Certified

The Frosty 5K Run is TAC Certified.  
#IL-89015-JW

### Awards & T-Shirts

Awards will be presented to the 1st and 2nd place male and female winners in each age category. In addition, the overall male and female winners will also receive awards. **A long-sleeved t-shirt will be given to all participants.**

### Raffle

There will be a free raffle for all participants following the race/walk. Participants are entered in to the raffle automatically. Be sure to stick around, you must be present to win.

### Refreshments

An assortment of beverages, fresh fruit, baked goods and soup will be provided for your enjoyment by our generous sponsors.

### Registration Office Hours

Monday - Friday: 9:00 a.m. - 5:00 p.m.

Saturday: 9:00 a.m. - Noon

### More Information

For more information concerning the run/walk or for directions to the race, please call (708)599-2070. Or visit us at [www.burbankparkdistrict.org](http://www.burbankparkdistrict.org)

## Frosty 5K Run / 1 Mile Walk Official Entry Form

\*Mail or drop off entry form to:

Burbank Park District  
8050 Newcastle Ave., Burbank, IL 60459

### Age Categories

0 - 9 \_\_\_\_\_ 10 - 14 \_\_\_\_\_ 15 - 19 \_\_\_\_\_  
20 - 29 \_\_\_\_\_ 30 - 39 \_\_\_\_\_ 40 - 49 \_\_\_\_\_  
50 - 59 \_\_\_\_\_ 60 - 69 \_\_\_\_\_ 70 & Over \_\_\_\_\_

### Race (circle one)

5K run      walk

### Gender (circle one)

male      female

### T-Shirt Size (circle one)

M      L      XL      XXL

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip Code

\_\_\_\_\_  
Day Phone#

\_\_\_\_\_  
DOB

\_\_\_\_\_  
Age

\_\_\_\_\_  
Email Address

### **Burbank Park District Waiver & Release Of All Claims**

Please read this form carefully and be aware that in signing up and participating in this program, you will be waiving and releasing all claims for injuries, arising out of this program, that you might sustain.

"As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, including death, damages or loss which I may sustain as a result of participating in any and all activities connected with or associated with such programs."

"I agree to waive and relinquish all claims I may have as a result of participating in the program against the Park District and its officers, agents, servants and employees."  
"I do hereby fully release and discharge the Park District and its officers, agents, servants, and employees from any and all claims for injuries, including death, damage, or loss which I may have or which may accrue to me on account of my participation in the program."

"I further agree to indemnify and hold harmless and defend the Park District and its officers, agents, servants and employees from any and all losses sustained from injuries including, death, damages and losses sustained by me and arising out of, connected with, or in any way associated with the activities of the program."

I have read and full understand the above Program Details and Waiver and Release of All Claims.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date