

~ 2nd Annual ~

Dash for Ca\$h

5K Run | Walk Benefit

Saturday, July 17, 2010 | 8:00 am

PROUDLY SUPPORTING:



Join ONYX, the Ottawa area's young professionals group, in its second annual charity fundraiser! ONYX will donate half of its race proceeds to the **Youth Service Bureau (YSB) of Illinois Valley**. As a community-based agency, the YSB responds to the needs of the children and the youth of the Illinois Valley through a variety of programs with the purpose of enhancing the quality of life for children, youth and families. YSB's mission is to help young people and families succeed by serving them in their home, school and community.

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

RACE FEATURES:

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

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.

CHECK-IN:

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

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

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

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

QUESTIONS:

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

ENTRY FEE (NON-REFUNDABLE):

- ✓\$20.00 pre-registered by **July 2nd**.
- ✓\$25.00 race day registration

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 Youth Service Bureau.

----- **PLEASE PRINT** -----

Name: _____

Age as of July 17, 2010: _____ Date of Birth: _____

Address: _____

Phone: (____) _____ Male _____ Female _____

City, State, Zip: _____

*I would like to make an optional donation of _____ dollars directly to the **Youth Service Bureau**.*

T-Shirt Size: YL 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