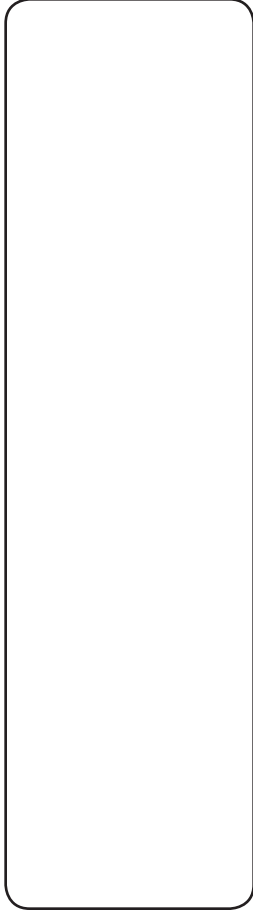


Western Springs Recreation Center
1500 Walker
Western Springs, IL 60058



WESTERN SPRINGS TOWER TROT 40TH ANNUAL RUN



OLIVIA ZIEBA
GRADE 5

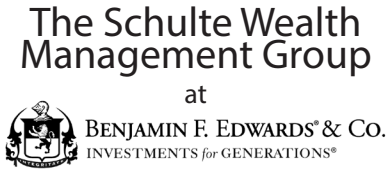
**START/FINISH LINE:
GRAND AVENUE CENTER, 4211 GRAND AVE.**

SATURDAY, MAY 27, 2017



Western Springs Recreation Dept

www.wsprings.com/towertrot



CARA CERTIFIED RACE

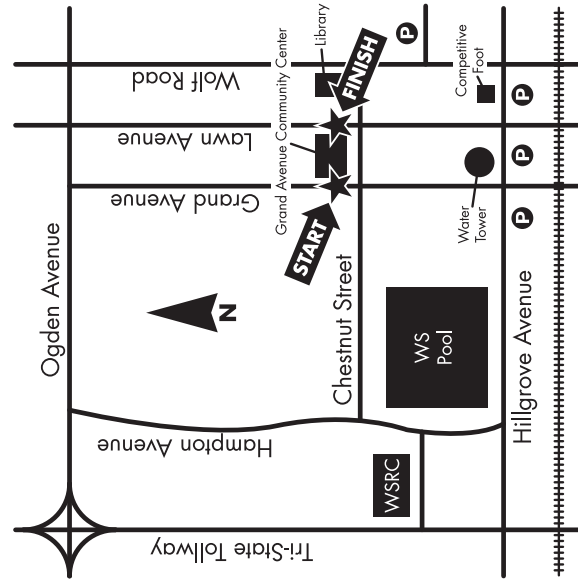
This race has applied for and received the Chicago Area Runners Association designation as a CARA CERTIFIED RACE. This race has agreed to adhere to and uphold CARA's Best Practices Guidelines. These Guidelines embody the highest standards for quality, safety and comfort for participants in a road race.

Due to CARA's advocacy efforts, runners in the Chicagoland area enjoy some of the highest quality road races in the country. To view the Guidelines and to learn more about CARA, visit www.cararuns.org.

The Chicago Area Runners Association (CARA) is a non-profit organization devoted to expanding, motivating, supporting and celebrating the running community of Chicagoland. CARA connects runners to resources that enable them to run – further, faster, better, for life.



Bear Necessities Pediatric Cancer Foundation is a national organization dedicated to eliminating pediatric cancer and to providing hope and support to those who are touched by it.



SEX: M F
AGE: _____ **D.O.B.** ____/____/____
I AM COMPETING AS A:
 Runner Walker (5K only)
DISTANCE:
 5K 10K "Double" Fun Run
 I wish to make a separate tax-deductible donation to Bear Necessities.
RACE FEE \$ _____
DONATION to Bear Necessities \$ _____
TOTAL \$ _____

NAME: _____
ADDRESS: _____
CITY: _____ **STATE:** _____ **ZIP:** _____
HOME PHONE: _____ **WORK PHONE:** _____
EMAIL: _____
CARA MEMBER NUMBER: _____
SIGNATURE APPLICANT: _____ **DATE:** _____
SIGNATURE PARENT/GUARDIAN (if under 18): _____ **DATE:** _____
T-SHIRT (circle one) **S** **M** **L** **XL**
FUN RUN SHIRT (Youth) **6-8** **10-12** **14-16**

In consideration of my entry being accepted in the Western Springs Tower Trot sponsored by the Western Springs Recreation Department, I, intending to be legally bound, do hereby for myself, heirs, executors, and assigns, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter occur to me against the Western Springs Recreation Department, the Village of Western Springs, Chicago Area Runners Association or any subsidiary or political division thereof, all other cooperating agencies in this race, its or their respective officers, agents, representatives, successors, assigns, and sponsors for any and all damages which may be sustained and suffered by me in connection with my association with or entry to participate in the Western Springs Tower Trot.

RACE AGENDA

DATE: Saturday, May 27, 2017
TIME: 10K (6.2 mile) race at 8:30am
 Fun Run at 8:45am (less than 1 mile)
 5K (3.1 mile) race at 9:30am
START/ FINISH: Grand Avenue Community Center
 4211 Grand Ave.
 Western Springs, IL 60558

REGISTRATION INFORMATION

PREREGISTRATION:
 By mail or in person at the Western Springs Recreation Center (1500 Walker, Western Springs 60558) until 4:00pm on Friday, May 26, 2017 or register online at www.itsyourrace.com thru NOON on Friday, May 26.

RACE PACKETS:
 The Recreation Center will be open:
 12:00pm to 4:00pm on Wednesday, May 24
 9:00am to 8:00pm on Thursday, May 25
 9:00am to 4:00pm on Friday, May 26

Numbers, t-shirts, information, etc. can be picked up at the Recreation Center during the hours above.

RACE DAY:
 Register in person at the **Grand Avenue Center** (4211 Grand Ave.). Gym opens at 7:00am.

10K & Fun Run registration: 7:00am to 8:00am.
5K registration: 7:00am to 9:00am.
Late arrivals on race day will not be eligible for awards.

RACE DAY/RACE PACKETS

On race day, preregistered runners must pick up race packets at **Grand Avenue Center**, 4211 Grand Ave. Doors open at 7:00am.

For information, call Tower Trot at 708-246-9070.

ENTRY FEE

PREREGISTRATION:
Non-residents: \$35
Residents: \$30
14 and under: \$20
The Double (10K & 5K Races): \$38
Fun Run: \$12*
CARA Member Discount: \$3/\$4/\$5

RACE DAY:
Non-residents: \$40
Residents: \$33
14 & under: \$25
The Double (10K & 5K Races): \$43
Fun Run: \$15
CARA Member Discount: \$3/\$4/\$5

CASH OR CHECK ONLY
Make checks payable to "WS Recreation"
** Not available online*

GENERAL INFORMATION

Course: This is a USATF certified relatively flat course on village streets. All turns marked with arrows. Time splits every mile. Water is available on race course and at finish line. Restrooms at Grand Avenue Center. Portable toilets at start line. All runners start on Grand Ave.

A CARA Certified Race: As a CARA Certified Race, bikes, skates, dogs and strollers are not allowed in either race.

Race Day Parking: Use railroad commuter spaces on Hillgrove Avenue.



Bear Necessities Pediatric Cancer Foundation benefits only from Direct Donations and Sponsorships. No portion of the race entry fee is directed to the charity.

Gear check available 7am - 11am.
Not responsible for valuables.

CATEGORIES

Age: Male & Female - 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over.

Tower Trot Double: Medallions to the top runners finishing both races. Cross country scoring is used. Participants are eligible for age category awards.

Walkers: The first 3 finishers (male & female) in the 5K race will receive medallions. All finishers will receive ribbons.

Fun Run*: An event for children 9 and under running just less than 1 mile. No official scoring but t-shirt and race number provided. All participants will receive ribbons.

AWARDS & TABULATIONS

Results: Chrono Track will be used, providing faster and more accurate results for all entrants. Disposable chips will be used. *RESULTS WILL BE TABULATED USING CHIP TIME.*

COURSE RECORDS:
6.2 mile: Men 30:36 - Women 35:29
3.1 Mile: Men 14:39 - Women 16:59

Awards: Olympic style bronze medallions, 3 per age group, all categories, both races.

Miscellaneous: Complete race results will be available at www.itsyourrace.com and www.cararuns.org.

SPECIAL FEATURES

Raffle for gift certificates after awards ceremony using race number tab. *(Winners must be present.)*

Bear Necessities raffle for prizes.

Water, Gatorade, yogurt, pizza, sweets, fruit and bagels.