

About the Race

The Community Bank Makin' Tracks 5K Run/Walk is presented by the Community Bank of Oak Park River Forest, the River Forest Park District, Concordia University Chicago, Fenwick High School, and Oak Park River Forest High School. Net proceeds from this event will benefit the West Suburban Special Recreation Association (WSSRA) to provide superior recreation services for adults and children who have a physical impairment, developmental delay, a mental disability or any other type of disability. The race is a 3.1 mile USATF-certified course (USATF number pending) that will run through the flat, tree-lined streets of River Forest. The course map is available on the River Forest Park District's website at www.rfparks.com. The 5K Run/Walk will begin at 8:00am SHARP, and the Tot races will begin at 8:45am.

Registration Information

Registration is available online at the River Forest Park District website at www.rfparks.com or at www.signmeup.com/65968. Registration by mail should be sent to the River Forest Park District, 401 Thatcher Avenue, River Forest, Illinois 60305, postmarked no later than Sept. 18, 2009. Walk in registration is available at The Depot, 401 Thatcher Avenue (8:30am-4:30pm, M-F) until Wednesday, September 23 at 12:00pm (CST). Race day registration will be at the south end of Concordia University Stadium from 6:30am-7:45am.

Entry Fees

Adult	\$25.00, \$30.00 Race Day
Full Time Student (ID required)	\$20.00, \$25.00 Race Day
Children (14 and under)	\$15.00, \$20.00 Race Day
Tot Races (Ages 3-6)	Free

CARA members receive a \$2.00 discount

All paid registrations receive participation in the 5K Race/Walk, t-shirt, goody bag, and food and water after the event.

This is a running event. For the safety of our runners, bicycles, in-line skates, roller skates, other wheeled vehicles and dogs are NOT allowed on the course. Runners with baby joggers and strollers are permitted, but must line up behind the other runners.



Packet Pickup

Pre-race packet pickup will be available for pickup at The Depot, 401 Thatcher Avenue, River Forest, between Sept. 22-23 from 8:30am-4:30pm, and at the Community Bank of Oak Park River Forest, 7777 W. Lake Street, River Forest, on Sept. 24-25, from 8:30am-5:30pm. Race day registration will be at the south end of Concordia University Stadium from 6:30am-7:45am.

Race Information

Directions to the Race: Available at www.rfparks.com.

Parking: Free parking is available in the Concordia University campus parking structure, located off Bonnie Brae Place. PLEASE NOTE: Parking is not permitted on Monroe Avenue or on village side streets.

Start/Finish: The race will begin at 8:00am on Monroe Avenue, one-half block south of Division Street in River Forest. Monroe Avenue is the west border to Concordia University. The race will finish on the Concordia University Stadium track.

Gear Check: Gear may be checked in at the registration tent, located at the south end of the stadium. Your gear will be checked according to your assigned race number. Makin' Tracks is not responsible for any lost or stolen items.

Water: Water will be available at the start, finish, and on the course.

Split Times: Miles 1, 2 & 3.

Restrooms: Located near the finish line, under the stadium bleachers.

First Aid: An advanced life support ambulance unit will be stationed at the finish line for anyone who might need its services.

Awards

Awards will be given to overall male and female winners, plus the top three finishers in the following age categories:

- 14 and under
- 15-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70-79
- 80+

Ribbons will be given to all participants in the Tot Race.

The awards ceremony will begin at 9:10am.

Results

Result times may be obtained from www.cararuns.org

Registration Form

Three ways to register:

- Drop off the form and check at The Depot, 401 Thatcher Avenue, River Forest, Illinois 60305. Please make check payable to the River Forest Park District.
- Mail the form and check to: River Forest Park District, 401 Thatcher Avenue, River Forest, Illinois 60305. Please make the check payable to the River Forest Park District. Mailed registration forms must be postmarked by September 18, 2009.
- Register online at www.rfparks.com (6.5% plus \$.50 service fee) or at www.signmeup.com/65968 (6.5% plus \$1.00 service fee). Online registration is available until September 23, 2009 at 12:00pm (CST).

Event:	Code
<input type="checkbox"/> 5K Run (Adult)	5603.200
<input type="checkbox"/> 5K Walk (Adult)	5603.201
<input type="checkbox"/> 5K Run (Full Time Student)	5603.202
<input type="checkbox"/> 5K Walk (Full Time Student)	5603.203
<input type="checkbox"/> 5K Run (Child)	5603.204
<input type="checkbox"/> 5K Walk (Child)	5603.205
<input type="checkbox"/> Tot Race (Free)	5603.206

T-Shirt Size: S M L XL XXL

Name _____

Street Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Email _____ Sex M F Birthdate _____ Age on Race Day _____

Emergency Contact _____ Phone _____

Have you participated in Makin' Tracks before? Yes No How many years? _____

FEES:

Adult: \$25.00, \$30.00 Race Day
 Full Time Student (ID Required): \$20.00, \$25.00 Race Day
 Children (14 years and under): \$15.00, \$20.00 Race Day

CARA and USATF members receive a \$2.00 discount. USATF/CARA number: _____

I am enclosing the following payment: \$ _____

I cannot participate in the event. Please accept this donation on my behalf: \$ _____

I will pick up my Race Packet at (please check one): River Forest Park District, 401 Thatcher Avenue, River Forest (Sept. 22-23)
 Community Bank of Oak Park River Forest, 7777 W. Lake Street, River Forest (Sept. 24-25)
 Race Day

Waiver

I know that participating in this event is a potentially hazardous activity. I should not enter or run or walk unless I am medically able and properly trained. I agree to abide by any decisions of the race official relative to my ability to safely complete the course. I assume all risks associated with running and walking this event, including, but not limited to: falls, contact with other participants, the effects of weather, including low temperature and/or wind chill, traffic, and conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of this entry, I hereby for myself, heirs, executors and administrators waive any and all claims that I may have for damages against the River Forest Park District, Community Bank of Oak Park River Forest, Concordia University Chicago, Fenwick High School, Oak Park River Forest High School, Race Time, Chicago Area Runners Association, USA Track and Field Illinois Association, the Village of River Forest, and all sponsors and individuals associated with this event, their representative and successors, and assigns for any and all injuries suffered by me in connection with this event, including pre and post race activities. I hereby grant permission to the River Forest Park District and its authorized agent to use my name and photographs, videotapes, motion pictures, recording and/or other record of my participation in this event for any purpose.

Participant's Signature _____ Date _____

If under 18:
 Parents Signature _____ Date _____

PLEASE DETACH AND ATTACH YOUR PAYMENT.



River Forest Park District
401 Thatcher Avenue
River Forest, IL 60305



12th Annual
Community Bank
Oak Park • River Forest
Makin' Tracks
5K Community Run/Walk

Saturday, September 26, 2009
8:00am
Start Time

Concordia University Chicago
7400 Augusta Street
River Forest, Illinois 60305

Have your whole family join us for this community event:

- The 5K course runs through the flat, scenic, tree-lined streets of River Forest
- T-shirts
- Goody bags
- Free Tot Races at Concordia University Chicago Stadium

For more information, please visit our website at
www.rfparks.com or call 708-366-6660 x105

Register online at www.rfparks.com or
www.signmeup.com/65968



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.

Due to CARA's advocacy efforts, runners in the Chicago area enjoy some of the highest quality road races in the country. This race has partnered with CARA and, on behalf of its runners, has agreed to comply with and uphold CARA's road race standards. The object of CARA's Race Standards is accuracy, safety and comfort for runners. To view those Standards and to learn more about CARA, visit www.cararuns.org.

2009 Sponsors

Platinum Member
Community Bank
of OAK PARK RIVER FOREST

Silver Members



WEDNESDAY
JOURNAL
of Oak Park and River Forest

West Suburban
Medical Center



Bronze Members



Trinity Orthopaedics



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Making every day a better day



A Message from the Sponsor

Community Bank of Oak Park River Forest is proud to announce its twelfth year of sponsoring the Makin' Tracks 5K Run/Walk. Makin' Tracks has become a popular event for runners throughout Chicagoland because of the opportunity to run in a well-organized, fun filled race through beautiful River Forest. Profits from the event go to support the West Suburban Special Recreation Association (WSSRA), which provides first class recreational services for persons with disabilities.

As our event celebrates its twelfth year, we are delighted to work closely with other community organizations in presenting Makin' Tracks. Together with the River Forest Park District, Concordia University Chicago, Fenwick High School, and Oak Park River Forest High School, Makin' Tracks has become a community institution. Serious runners, casual runners and those who enjoy a nice walk through River Forest all come out to enjoy the festivities. Makin' Tracks is also a family event, and we have children's races that promote exercise and good health. Congratulations to all of our runners and walkers. Thanks for helping build Makin' Tracks into one of the premier events in our community. Good luck to all!

Sincerely,

Walter F. Healy,
President
Community Bank of Oak Park River Forest