

Covered Bridge Run

SATURDAY, JUNE 17, 2017

8 a.m.

Calling all pioneers, soldiers and settlers. Join us for a historic run down on the beautiful Ronald J. Foster Heritage Trail. The race starts and ends in historic Glen Carbon, Illinois. This race is held in conjunction with the Glen Carbon Homecoming festivities. This will be a flat and fast course that will run on the beautiful wooded and paved trails. All runners who register by June 1, 2017, will receive a vintage race shirt.

Step back in time and enjoy the rich history of Glen Carbon, IL. This year's run will take you down the beautiful, newly paved Glen Carbon Heritage trail. Historic signs along the route will remind you of the history of this quaint community. Photo opportunities with race volunteers dressed as early settlers and coal miners.

Start/Finish: Covered Bridge, Glen Carbon, IL

When: June 17, 2017 starts at 8 a.m.

Packet Pickup: Race morning & RunWell on Friday, June 16, 2017 from 12 to 6 p.m.

5K Awards: 1st overall male and female. Top 3: 12-U, 13-19, 20-29, 30-39, 40-49, 50-59, 60+

Entry Fees 5K: **\$25** (if received by June 1, 2017) **\$30** (after June 1, 2017 and on race day).

Entry Fees 5 Mile: **\$28** (if received by June 1, 2017) **\$33** (after June 1, 2017 and on race day).

Entry Fee 1 Mile Fun Run: **\$15**

T-shirts are not guaranteed for late entries.

Make Checks Payable to: RunWell

Mail To: RunWell, P.O. Box 59, Maryville, IL 62062

For More Information: Contact Jen Schaller, runwellcoaching@yahoo.com or Village of Glen Carbon website at www.glen-carbon.il.us

On-Line Registration: www.Active.com

Name: _____

Address: _____

City/State/Zip: _____

Age on Race Day: _____ Male: _____ Female: _____ Shirt Size _____

Phone No.:() _____ Email: _____

Waiver of Liability: In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages, actions and cases against The Village of Glen Carbon, RunWell, Race Directors, and all sponsors, and any individual or group associated with this event from all claims and liabilities resulting in my participation. I attest and verify that I am physically fit and have sufficiently trained for this event. I assume all risks in the event including, but not limited to falls, contact with other participants, effects of the weather, road conditions, all such risks being known and appreciated by me. Further, I hereby grant permission for the free use of my name and/or any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose. (Participants under 18 must have parental signature.)

Signature: _____ Date: _____