

**4th Annual Canal Crawl 5K Run/Walk  
A Tribute to 9/11  
Saturday September 11, 2010  
9:05 A.M. (Note Time Change)  
Holiday Inn, Rock Falls, IL**

*A portion of proceeds to  
go to the New York Says  
Thank You Foundation*

[www.newyorksaysthankyou.org](http://www.newyorksaysthankyou.org)  
*See how the FDNY is giving  
back to communities across  
the country and how to help.*

**Time Change:** In memory of the tragic events that occurred on September 11, 2001, the time has been moved back this year to honor those lost with a moment of silence for each of the 4 attacks and the collapse of the World Trade Center Towers. Traditionally, this race has been held at 8:00 am.

**Course:** Fast and Flat!! The course starts behind Rock Falls Holiday Inn and follows the canal down past Dixon Ave and back. Path is paved. Water stop at approximately 1 and 2 miles.

**5K Run Divisions:**

- > 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over

**5K Walk Divisions:**

- > Top Three Male and Top Three Female walkers will receive medals

**Registration and Entry Fee: (1<sup>st</sup> 75 guaranteed T-Shirts)**

Race Day Registration and Packet Pick up 7:30-8:30 race day

Entry Fee Before September 4-\$18.00

Entry Fee After September 4-\$22.00

\*\*RRRR Member \$1.00 discount

**Mail Entry To:** US Bank, Attn: Dawn Handel,  
300 1<sup>st</sup> Ave, Rock Falls, IL 61071

**Make Checks Payable To:** Canal Crawl

**Questions:** Please contact Dawn Handel, 815-499-8220

**For the safety of all participants, please no dogs or strollers.**

**Kids Fun Run**

- > Starts at 8:45
- > Ages 10 & under
- > Goodie bags
- > Awards for all participants
- > \$8.00 entry fee
- > **T-Shirts Guaranteed to all Pre-Registered Kids**

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**Name** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_

**Age on 9/11/10** \_\_\_\_\_ **Sex (circle) M F**

**Race (circle) Run Walk Kids Fun Run T-Shirt Size(circle) YS YM S M L XL (XXL+ \$2.00)**

In consideration of my entry, I, intending to be legally bound, for myself, my heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims which may hereafter accrue to me against the Officials of the Run, the Canal Crawl Committee, the City of Rock Falls, and the County of Whiteside for any and all accidents or injuries incurred by me at this event. I further state that I have trained adequately and am in suitable condition to complete this race.

**Signature** \_\_\_\_\_

**Parent or Guardian (if under 18)** \_\_\_\_\_