

**Sponsored By:**

**Heartland Road Runners/Walkers Club**

Quincy's only evening run with proceeds donated directly to the "Back To School Help Fair." Run for the Cross will mobilize the Christian community to fight poverty. Proceeds will provide back to school necessities such as hygiene and school supplies; hair cuts; visual and dental exams; school and sports physicals; and vaccinations for children in our community.

**Location:**

Quincy's South Park, 12th and Harrison

**Registration:**

7:00 PM - 7:30 PM

**Walk/Run Start:**

Walk at 7:45 PM/Run at 8:15 PM

**The Run for the Cross Features Two Events:**

Four Mile Run/Walk – Start at the top of South Park hill and circle the lower loop (0.8 miles) five times.

Four Mile Relay (2 member teams) – One team member starts with the four mile race. After 2 ½ laps, the baton will be handed to your partner in the transition zone, and they will complete the next 2 ½ laps and finish with the four mile racers. BOTH team members must fill out a registration form.

**Age Groups (Awards for Runners Only):**

12 & under	20-29	50-59
13-15	30-39	60 & up
16-19	40-49	

**Everyone of all ages and abilities is welcome!**



Participant's Name: (Last) \_\_\_\_\_ (First) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone# \_\_\_\_\_ Email address \_\_\_\_\_

Age \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex (M) \_\_\_\_ (F) \_\_\_\_

Event Entering: 4 Mile Fun Run/Walk  Partner Name \_\_\_\_\_  
4 Mile Relay Run

**All registrants will receive a commemorative Run For The Cross mug.**

Release and Waiver of Liability: I, the undersigned in consideration of the opportunity to participate and the acceptance of my entry in this event, intending to be legally bound, do hereby, on behalf of myself, my heirs, and legal and personal representatives, release, waive, and forever discharge any and all claims for injuries and damages to my person or property, including any and all claims for such injuries and damages resulting from negligent acts or conduct, and including any and all causes of action relating thereto, which I might have or shall have against First Baptist Church, Heartland Road Runners/Walkers Club and the affiliates, offices, employees, representatives, and successors of the Run for the Cross Run. I further state that I have sufficiently trained for and that I am in proper physical condition to participate in this event. I further acknowledge that I am aware of and voluntarily assume the risks inherent in participating in this event. I further grant authorization for the free use of my name and/or photographs, videotapes, motion pictures, recordings, or any other record or transcription of my participation in this event, including, but not limited to, advertisements, for publicity, or other media accounts pertaining to this event.

Registrant's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/Guardian Signature (If registrant under 18) \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Please return form and entry fee to:  
Run For The Cross  
C/O Heartland Road Runners/Walkers Club  
PO BOX 5093  
Quincy, IL 62305

**Pre-Registered Fees (guaranteed a mug):**

Single rate - \$15.00 | 2-Person Relay Teams - \$30.00 | Family Rate (limited to 4 individuals and does not include Relay) - \$35.00

All registration forms must be postmarked by July 23 to receive pre-registration rates.

**Night of the Race Registration Fees:**

Single Rate - \$20.00 | 2-Person Relay Teams - \$40.00 | Family Rate (limited to 4 individuals and does not include Relay) - \$45.00

Any registration form turned in the night of the event will automatically be charged at this rate. No Exceptions!

**Entry fees limited to the first 200 participants!**

All participants, no matter what the age, must fill out a registration form.

**Donations Accepted:**

We will gladly accept donations of used, clean running/walking shoes in both children and adult sizes. Additionally, monetary donations along with donations of new school supplies, new socks and new underwear will gladly be accepted. All donations will go directly to the youth of our community through the "Back to School Help Fair."

**For More Information Contact:**

Karen Buckwalter, President  
Heartland Road Runners/Walkers Club  
kbuckwalter@att.net  
217-316-1396



**Friday, July 30th, 2010**

South Park • Quincy, IL

7:45 PM Walkers

8:15 PM Runners

