



LAKE RUN CLUB & VFW POST 454

present the

ST. PATRICK'S DAY RUN

With Thanks to WJBC AM1230, Reads Sporting Goods, Schooners and Grove St. Bakery

5K Race and Fitness 1 Mile Walk Sunday, March 17, 2019 1:00 p.m.



Accurate 5k course on Bloomington city streets

ENTRY FEES (non-refundable)

\$25 if Postmarked by March 9th \$30 if Postmarked after March 9th

\$2 Discount for Lake Run Club Members Longsleeve shirts to the first 500 entrants

REGISTRATION

Race Day 10:00 a.m. to 12:30 p.m. at the Bloomington VFW Post 454. 1006 E. Lincoln (West of Lakeside C.C., Rt. 150 S.)

AGE DIVISIONS

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-over

* EARLY packet & registration pick-up - 2:00-5:00 p.m. Sat., March 16th - VFW Post 454

Proceeds will be donated to Central IL Leathernecks and VFW Auxiliary. Veterans helping Veterans.

For more information call Bill Read work (309) 663-0355



ST PATRICK'S DAY ENTRY FORM

Name _____ Address _____

City, State, Zip _____ Phone Number _____

Age on March 17, 2019 _____ Birth Date _____ Male _____ Female _____ LRC Member _____

T-shirt size: YM _____ YL _____ Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____ Walker _____

In consideration of the foregoing, I for myself, my executors, administrators and assignees, do hereby release and discharge the Lake Run Club, VFW Post 454, and all other sponsors and supporters for all claims and damages, demands, actions, whatever in any manner arising or growing out of my participation in the St. Patrick's Day Run. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and trained to participate in this event.

Signature _____ Date _____

(Parent if under 18)

Make check payable to: Lake Run Club Mail to: V.F.W. Post 454 1006 E. Lincoln St. Bloomington, IL 61701

Or register online at: http://register.itsracetime.com