



19TH ANNUAL **Saturday** Sept. 23rd 2023

Location

Twin Lakes Park - West
30 Twin Lakes Dr | Paris, IL 61944

Times

Registration: 6:00 am
1 Mile Fun Run Race Time: 6:45 am
5k Run Race Time: 7:30 am

Pre-registration open till 12pm on Friday, September 22nd 2023

Registration Fees

1 Mile Fun Run \$5
5K Run \$25

T-shirts

First 75 **5k** registered runners guaranteed race shirt.
(T-shirt sizes may not be guaranteed after cut off Sept 6th.)

Want a t-shirt?

Cut off for a guaranteed size race shirt is September 6th 2023, so be sure to Pre-Register!

Getting to the Race

South: From I-70, take Marshall/Paris exit, travel north on Rt 1 to Twin Lakes West. Turn left.
North: On Rt 1, travel south to Twin Lakes West entrance. Turn right.

Both races start and finish at Twin Lakes Park West.

Course has moderate hills.



Please share your accomplishment with the REC community on social media using #run4shawna

109 E. Madison St. | Paris, IL 61944 | www.parisrec.org | 217-466-9622

Prizes & Awards

Fun Run

All Fun Run participants receive a ribbon.

Top 5 receive a placement ribbon.

Overall Male & Female receive a trophy.

5k Run

All 5k participants receive race swag.

First 75 receive finishers medal

All other participants receive a ribbon.

Overall Male & Female receive a trophy.

Top 3 Male & Female in each age category will have times/ placement posted online.

Race Entry Form

Name: _____

Age: _____ Birth Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Pre-registration open till 12pm on Friday, September 22nd, 2023

Waiver: (Please read carefully & sign)

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 I may hereafter accrue to me against The Rec Center, staff, volunteers or any of its promoters for any and all injuries suffered by me at this event or in relation to it. I further warrant that I have trained for the race of this distance and am physically fit for such a race.

Signature: (Parent/guardian if under 18 years of age) _____

- Female
- \$25 -5K Run
- \$5 Fun Run
- Donation _____
- Male
- Free for 1544th

T-shirt Size:

- YM
- YL
- AS
- AM
- AL
- AXL
- A2X

Age Division:

- 0-10
- 11-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+



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