

Bedford Regional Medical Center
Dunn Memorial Hospital
Johnny's Signs
Bedford Times-Mail
Architectural Stone

Limestone 5K and Kids' Races

July 17, 2010
Saturday, 8:00 am 5K Run & Walk
Children's 200m, 400m, 600m, 1600m to follow

Registration 6:30-7:45 am

Last year's winning times:
Erik Schulz 15:40
Dani Prince 17:35

Welcome to the 35th annual
Limestone Run Road Race

One of the oldest races in the southern half of the state, The Limestone 5K has a long history of producing challenging competition and fast times.

The course begins and ends at Parkview Track, touring a very flat residential neighborhood. The spectators are treated to the final quarter mile, which takes place on the track. Kick it in, this is a P.R. course!

The kids' races occur on the track, so the whole family can root for their favorite youngster as they push for victory. In addition, every child receives a ribbon, and the top three runners in each category, both male and female, receive plaques.

Host Hotel Holiday Inn Express, 812-279-1206
<http://www.limestonegirlsclub.org>

B u r r t o n P o n t i a c B u i c k G M C I n c . P a p a J o h n ' s

Limestone Girls Club
2009 19th Street
Bedford, IN 47421
(812) 279-6123
www.limestonegirlsclub.org

Location

From north or south of Bedford: take the 16th Street exit (near the large American flag) and head east to the 4th light. Turn right on Brian Lane Way. Track is on the right side of the street.

From east: follow U.S. 50 west into town, turn right at the 16th Street intersection. Travel to the 2nd light and turn left. Track is on the right side of the street.

Race headquarters located in Girls' Club building adjacent to track.

Awards

Age Group- M/F:0-14, 3/3; 15-19, 3/3; 20-24,3/3; 25-29, 3/3; 30-34, 3/3; 35-39, 3/3; 40-44, 3/3; 45-49, 3/3; 50-54, 3/3; 55-59, 3/3, 60-64, 3/0; 65-69, 3/0; 70-up, 3/0

Trophies to overall male and female winners in 5K Run, plaques to age group winners, and to winners of male and female walk.

Kids' Races

Age Group— M/F: Pre-K (200m)-3/3; K-2 (400m)-3/3; 3-4 (600m); 5-6 (1600m)-3/3

Entries

Enclose \$15 per entry (\$60 per team) along with a completed entry form and signed waiver (parent must sign if entrant is under 18).

If sent after 7/9/2010 or for race day registration, the entry fees are \$17 per individual (\$68 per team).

Make checks payable to: **Limestone Girls Club**
Packet pickup at Girls' Club Friday, 7/16/10, from 12-6 pm

Send Registration:

Limestone Girls Club
Attn: Limestone Run
2009 19th Street
Bedford, IN 47421
Phone: 812.279.6123

It's a Magnificent 7 Race!

That's right, the Limestone Klassic is a Mag 7 race, in fact it's #11 on the list. Don't miss one of the oldest races on the circuit!

Check Events: 5K Run ___ 5K Walk ___ Team 5K ___ Youth ___

First Name _____ Last Name _____

Sex _____ Age _____ E-mail _____

Street Address _____

City _____ State _____ Zip _____ Phone _____

Team Name _____ DOB _____ T-shirt **S M L X-L**

Waiver

By entering this event, I acknowledge the following:

I know that participating in this event is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I also know that although police and volunteer protection and support will be provided, there will be traffic on the course route. I assume the risk of traffic. I also assume any and all risks associated with participation in this event. I agree to abide by the instructions or directives of all representatives of the law enforcement agencies and all persons otherwise acting in the role of safety personnel. While on the course I will yield right-of-way to all emergency vehicles. I waive and release any and all claims and damages against the Limestone Girls Club, the race director, all contracted service providers, and all sponsoring businesses and organizations for any injuries suffered during this event. No Refunds!

Signature _____ Date _____

If under 18, parent must also sign _____

Team Events!

Teams of up to 5 runners may register as a team, and compete for prizes in both the team and individual standings! Open division teams may be comprised of members of any age or sex, and only 4 must complete the race to score. High School division teams are gender specific, and age limit is 18 or under. Top team in each division wins trophy. Bring your team and test your training!

Team Captain: _____

Member #1: _____

Member #2 _____

Member #3 _____

Member #4 _____

Team Name: _____

Divisions

Open ___
High School Male ___
High School Female ___
Mid School Male ___
Mid School Female ___

Team entry fee is \$60, and each member is required to complete an entry form. Entry fee after 7/9/10 is \$68.