

January in the Midwest??

**YOU KNOW YOU NEED
THIS CRUISE!!**

This is your chance to spend some time where it is *balmy* (a relative term) – think blue skies and white beaches, *no worries* about airline delays, airport screenings, and no need for passports.

Everything be irie mon!



Pack your shades, bikini or Speedo, snorkel, surfboard & scuba gear (or...wear them during the race!!).



Questions?

Contact MWC Race Director Hilary Tydd

hillruns@hotmail.com

708-209-0216

250 runner limit

Park Forest Running & Pancake Club's

2015 Mid-Winter Cruise 5K

Sunday, January 25th

Pre-boarding begins at 9AM CST for pre-registered and race day registrations, check-in and packet pickup. **Cruise sets sail at 10:30AM.** Pancake breakfast served upon your return to port.

Cruise starts from the
FOREST TRAIL MIDDLE SCHOOL
215 Wilson, Park Forest 60466

**ALL RUNNERS RECEIVE A CRUISE
SOUVENIR AT CHECK-IN**

**EVERY FINISHER RECEIVES A
UNIQUE PFRPC
FINISHER'S AWARD!**

CHIP TIMED

**Sanctioned by USA Track & Field
Certified Course #IL-11082-JW**

No Age Bracket Awards

ONLINE REGISTRATION ONLY

Register at www.signmeup.com/104971 for just \$25. Your race fee includes cruise souvenir, finisher's trophy, pancake breakfast AND a one year membership in the PFRPC for 2015. (If you are already a PFRPC member, we will extend your membership for an additional year).

After January 22nd, registration is on Race Day Only for \$30. Fill out this form and bring it with you to save time!

Name _____
Address _____
City _____
State _____ Zip: _____
Phone _____
Sex _____ Age on Race Day: ____
Date of Birth _____
Email _____

Emergency Contact

Name _____
Phone Number _____

Release and Waiver: With full knowledge of my actions and all legal implications thereof and attached thereto, in the unlikely event I somehow manage to hurt myself in the course of or arising out of this Midwinter Cruise event, it cannot be the fault of the sponsors, organizers, PFRPC or Village of Park Forest and I know that I cannot sue anybody. So, I hereby agree to pick up the pieces of my battered and wretched life and find other work for my under-appreciated lawyer. (Additional USATF waiver will need to be completed on race day).

Signature: _____
Date: _____

(Under 18, Parent or Guardian must sign)

INSTANT CURE FOR CABIN FEVER GUARANTEED!