

This is your chance to spend some time where it is *balmy* (relatively speaking); where you can *visit the islands* (okay, the Cruise takes you past Nassau STREET and you do travel on Miami STREET!), with *no need to worry* about airline delays, airport screenings, and no need for passports.

**Seriously!**

**January in the Midwest??  
YOU KNOW YOU NEED  
THIS CRUISE!!**



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



Questions? Contact MWC Race Director Joanne Rock at [Joanne.Rock@comcast.net](mailto:Joanne.Rock@comcast.net) or 773-960-0718.

**200 runner limit**

## **Park Forest Running & Pancake Club's**

# **2016 MidWinter Cruise 5K**

**Sunday, January 24<sup>th</sup>**

**Pre-boarding begins at 9AM CST** for 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**  
Lower Level  
215 Wilson, Park Forest 60466

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

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

**Awards to 1<sup>st</sup> Place Overall and Masters, Male and Female, plus the 'odd' award or two created by our Trophy Master!**

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

To register, complete & mail this entry along with your \$25 check to PFRPC, c/o Joanne Rock, 8416 S Kenneth, Chicago, IL 60652-3110. Please Print Legibly. Please be sure to allow five days for the mail so we receive your entry by January 19<sup>th</sup>. Or, register online at

[www.signmeup.com/105995](http://www.signmeup.com/105995).

After January 19<sup>th</sup>, registration is on Race Day Only for \$30.

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 underappreciated 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!**