

NICK'S RACE benefits the Nick Volk Memorial Scholarship Fund, NCHS Cross Country Team & Drumline, & Gift of Hope

Name _____ I will be participating in the (please circle one) **Run** **Walk**
 Home Address _____ Phone Number _____
 City _____ State _____ Zip _____ Birth date _____ Sex: **M** **F**
 Age on Race Day _____ Total Amount Enclosed \$ _____ Type of payment (please circle one) **Check** **Cash**
 Email Address _____

If you would like to order t-shirts, please include \$10/shirt with your registration. Add \$4 for postage if shirt is to be mailed.

FYI—In past years, the first 100 walkers and runners were registered by June 1.

Number of shirts needed: _____ Size(s) Needed (Adult S, M, L, XL, XXL): _____

Release and Waiver: In consideration of my or my child's acceptance of this entry in Nick's Race, I hereby affirm, acknowledge, and agree to the following: (1) That I assume all responsibility for any and all damages to, or theft of, my personal property or any bodily injury (including death) that may occur to me or my child, and further, I assume responsibility for property damage and bodily injury (including death) that I may cause to others, in each case arising or resulting from, incidental to, or as a consequence of, my participation in the Nick's Race Run/Walk. (2) That I, for myself, my child, my heirs, my executors and administrators, release and hold harmless from and waive all claims, damages, and rights of action, present or future, whether the same be known or unknown, anticipated or unanticipated, foreseen or unforeseen, arising or resulting from incident to or as a consequence of, my participation in the Nick's Race Run/Walk, which I may now or hereafter have against Nick's Race, any and all sponsors, organizers, and volunteers for said event, and the respective directors, and agents of the foregoing, including Sam Parr State Park, all event sponsors, and representatives from any and all claims and liabilities of any kind suffered by me or my child in conjunction with this event, including pre- and post-activities. (3) I also give permission for the free use of my name and/or pictures in any broadcast, telecast, picture, video, or any account of this event. (4) That I am aware of the physical demands and hazards of participating in a trail running/trail walking event such as Nick's Race. Further, I certify that I am (or my child is) physically fit and have sufficiently trained for participation in this event. I further agree to comply with all rules, regulations, and event instructions.

Signature Required For All Run & Walk Participants _____ Date _____ If Under 18, Signature of Parent or Guardian is Also Required. _____ Date _____

DATE, TIME, AND LOCATION

Date: Saturday, June 27, 2009
Time: 7:15 a.m. – Registration begins
 8:30 a.m. – Run begins
 8:40 a.m. – Walk begins
 9:00 a.m. – NCHS Drumline
 9:20 a.m. – Race Results
 9:45 a.m. – Transplant Donor & Recipient Stories and Recognition of Donor & Recipient Families present at the race
 10:15 a.m. – Raffle Results followed by Prize Pick-Up
 10:30 a.m. - Closing Remarks
Location: White Oak Picnic Area, Sam Parr State Park, Newton, IL 62448

THE COURSE

The run will be held on the course that the NCHS high school cross country team uses throughout their season. The length of the course is 2.85 miles. Less than half a mile of the run will be on asphalt, with the rest consisting of trails over hills, through the woods, and on grass around the lake. The non-competitive walk will be a 2 mile section of the runner's course.

ENTRY FEES & DEADLINES

\$17 if received by June 20, 2009
 \$20 if received after June 20, 2009
 Entries are also accepted race day. The first 100 registered participants receive a free commemorative race t-shirt. Additional t-shirts are available for \$10 each. Entry fees are non-refundable.

REGISTRATION

The release form must be completed and signed by each participant. Photocopies are acceptable. Mail completed entry forms with payment to race headquarters at:
 Nick's Race
 200 S. Scott St.
 Newton, IL 62448
 Phone: (618) 783-8655
 E-mail: svolk@psbnewton.com
 Make all registration checks payable to:
Nick Volk Memorial Scholarship Fund.

Check out the Nick's Race Website at:
<http://www.stickertracks.com/nicksrace>

DID YOU KNOW?

- * Every 11 minutes, a new person is added to the national organ waiting list.
- * In May 2009, more than 100,000 Americans were waiting for a life-saving organ transplant.
- * An average of 18 Americans die each day while waiting for a transplant.
- * 1 in 20 Americans will need some type of medical tissue transplant during their lifetime.
- * One donor can save or enhance the lives of more than 50 people. Nick did.

NICK'S RACE

Organ and tissue donation has touched many of our area families. In Jasper County alone, there have been 11 organ and/or tissue donors and 6 organ recipients. Nick's Race strives to promote public awareness about the importance of discussing your feelings about organ and tissue donation with your family. An article about organ donation and Nick's Race can be found on the IL Country Living Magazine website <http://www.icl.coop/archive.htm> Click on the archives & then feature story for Feb. 2007. Sign up to be an organ and tissue donor at: <https://www.ilsos.gov/organdonorregister>

RAFFLE PRIZES

A raffle will be held in conjunction with the race. Proceeds from the raffle will be donated to Gift of Hope Organ & Tissue Donor Network. **All registered run & walk participants will receive 1 free raffle ticket.** Anyone showing or signing a donor card or donor designation on his/her driver's license on race day will receive a free ticket. **Additional tickets are available for \$5 each or 5/\$20.** The raffle includes cash, quilts, and many other great prizes! Raffle tickets may be purchased at various Newton locations, by filling out the form on the back of this flyer, or purchased at the race. The drawing will begin at 8:45 a.m. at the event and results will be announced there. Ticket holders do not need to be present to win, although prizes will be available for pick-up at the conclusion of the program.

T-SHIRTS

The first 100 registered participants will receive a free commemorative race t-shirt on race day. If you would like to purchase additional t-shirts, please indicate so on your registration form and include payment with your entry fees. If possible, please pre-order up to one week before the race. A very limited number of t-shirts will be available for purchase on race day. T-shirt profits benefit the NCHS Drumline.

2.85 MILE RUN AGE DIVISIONS MALE AND FEMALE

14 and under	15-19	20-29
30-39	40-49	50-59 60 and up

AWARDS

- * Top male and female finishers overall in the run.
- * Top 3 male and female finishers in each age division in the run.
- * The walk is not competitive.

PACKET PICK-UP

Pick up your race number, t-shirt, raffle tickets, and race information during the registration period on race day.

RESTRICTIONS

For safety reasons, baby joggers/strollers, in-line skates, skateboards, wheelchairs, headphones, and animals will be prohibited on all portions of the race course.

DIRECTIONS

From the North: Follow Rt. 130 south from Greenup 18 miles to Rt. 33 east. Turn east on Rt. 33 and go 1 mile to park entrance.
From the south: Follow Rt. 130 north from Newton 2 miles to Rt. 33 east. Turn east on Rt. 33 and go 1 mile to park entrance.
From the west: Follow Rt. 33 east from Effingham 25 miles to park entrance. (2 miles east of Newton).
From the east: Follow Rt. 33 west 21 miles from Robinson to park entrance.
Once you have reached the park entrance, watch for race signs directing you to event parking.