

Saturday, November 14th, 2009
Rain or Shine

Saint Mary's Park
Cairo, Illinois

Community Health &
Emergency Services, Inc.

THE 40th RUNNING OF THE Cairo Levee 5k/10k Race

10,000 Meter Race and 5,000 Meter Race

**SATURDAY
NOVEMBER 14th, 2009**

**Saint Mary's Park
Cairo, Illinois**

11:00am

REFRESHMENTS FOLLOWING RACE

<u>Age Groups/Existing Records</u>			<u>Age Groups/Existing Records</u>		
<u>Men</u>	<u>10K</u>	<u>5K</u>	<u>Women</u>	<u>10K</u>	<u>5K</u>
8 & under	New	New	8 & under	New	New
9-11	48:56	17:37	9-11	49:54	23:55
12 - 15	38:41	17:15	12 - 15	47:48	20:52
16 - 20	36:04	16:26	16 - 20	48:28	19:21
21 - 25	35:20	16:10	21 - 25	42:24	21:06
26 - 30	34:23	16:37	26 - 30	38:29	19:46
31 - 35	35:23	16:31	31 - 35	43:06	21:49
36 - 40	36:26	17:26	36 - 40	44:45	23:12
41 - 45	35:49	17:01	41 - 45	45:54	21:37
46 - 50	40:29	17:54	46 - 50	59:01	21:05
51 - 55	39:49	18:26	51 - 55	51:54	27:54
56 - 60	42:46	20:06	56 - 60	45:25	26:04
61 - 65	43:41	20:50	61 - 65	--	27:40
66 - 70	--	22:18	66 - 70	--	44:55
70+ over	48:44	24:05	70+ over	--	61:31

**Awards Will Be Given To Top Finishers In Each Age Group.
Long Sleeve T-shirts To All Participants.**

The race will start and finish at St. Mary's Park and will be run mainly along the Mississippi River on the upper and lower Mississippi Levee Roads. The scenic courses will be marked, measured, and timed. The running surface is mostly gravel.

The walk will start and finish at St. Mary's Park and will include some historic features of our Cairo area.

Entry Fee: \$18.00 for Adults - \$8.00 for students up to 12th grade and senior (65+) citizens.

\$1.00 extra on day of race. (\$1.00 discount - RRR and Organized Running Clubs).

You can register now by filling out the form below and sending or bringing it and the entry fee to:

Community Health & Emergency Services, Inc.

P.O. Box 233

Cairo, Illinois 62914

Or

Call John Boget (618) 734-4400 ext. 3013 jboget@chesi.org

OR, you can register the day of the race at St. Mary's Park between 10:00 and 10:45 am.

ALL ENTRANTS ASSEMBLE AT ST. MARY'S PARK BY 10:30 AM, SATURDAY NOVEMBER 14th, 2009

This form can be copied -- more forms available at above address

This form can be downloaded by going to our website www.chesi.org and click on the Cairo Levee Footrace

CAIRO LEVEE FOOTRACE

ENTRY BLANK

NOVEMBER 14th, 2009

- () 5,000 (3.1)
() 10,000 (6.2)
() fun walk (1.8)

Make checks payable to:

Name: _____

T-Shirt Size—Circle one

Phone: _____

XS SM M L XL XXL

**COMMUNITYHEALTH&
EMERGENCY SERVICES, INC.
P.O. Box 233
Cairo, IL 62914**

Address: _____ City: _____ Email _____

Age: _____ Sex: _____ Sponsored by: Community Health & Emergency Services, Inc.

IN CONSIDERATION OF THE FOREGOING, I for myself, my executor, administrators and assigns do hereby release and discharge COMMUNITY HEALTH & EMERGENCY SERVICES, INC. from all damages, demands, actions arising out of my participation in said events. I attest and verify that I am physically fit to compete in the events that I have chosen.

Signature of Applicant, Parent or Guardian

ENTRANTS ASSEMBLE AT ST. MARY'S PARK BY 10:30 A.M.