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**20TH ANNUAL
FEET MEET**

20



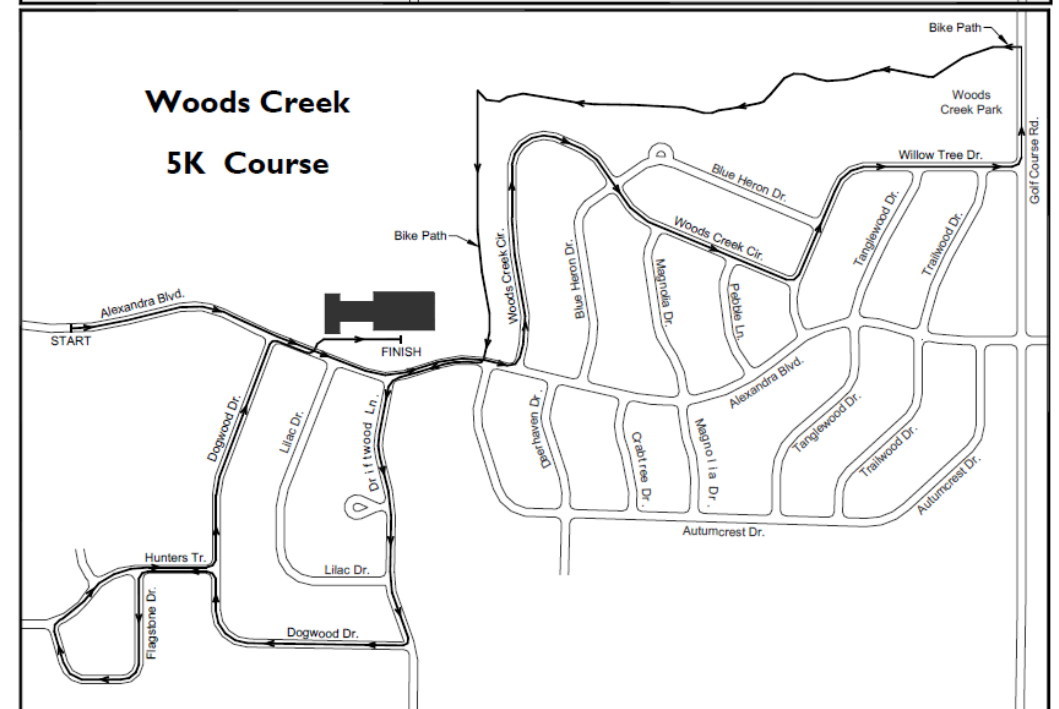
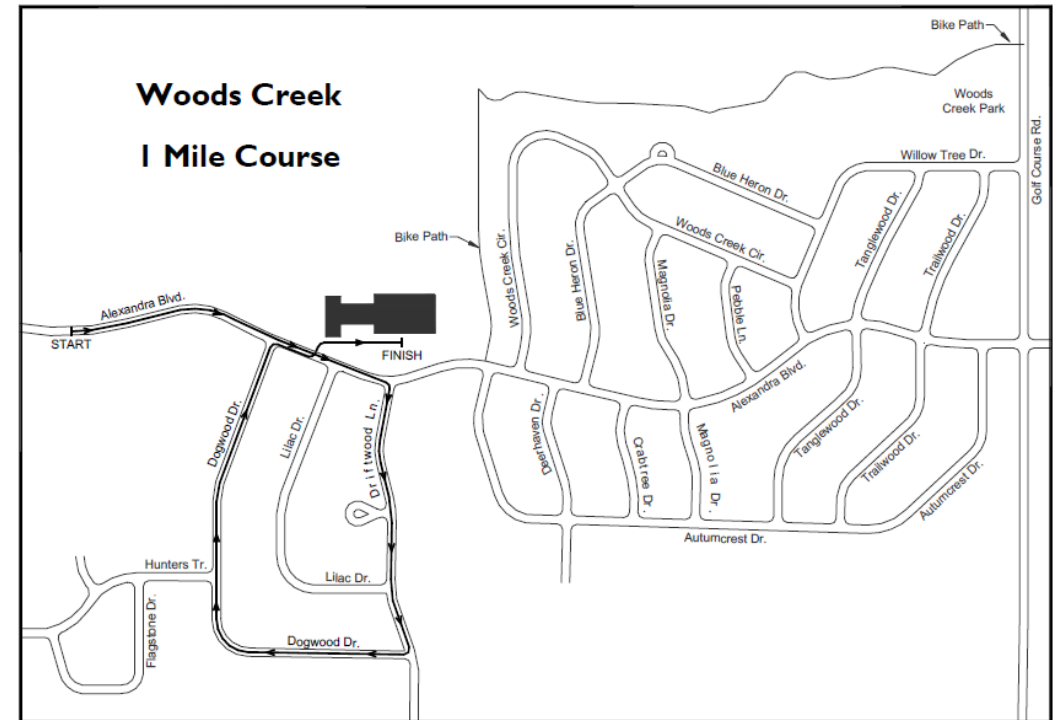
Sunday, April 29, 2018

8:00 a.m. – 1 Mile Start

8:30 a.m. – 5K Start

9:30 a.m. - 50 yard dash

Awards Ceremony to Follow



Trophy Categories

Overall Male/Female
1 Mile/5K

1st, 2nd & 3rd
Male/Female
Pre-K – 5th grade
1 Mile/5K

Medal Categories

1st, 2nd & 3rd
Male/Female
6th – 12th grade
5K



Contact Information

Stacey Lorenz 815-788-2783

Jodi Beasley 815-735-9223

Mail Registration Form to:
Woods Creek School
1100 Alexandra Blvd.
Crystal Lake, Illinois 60014

Online Registration: signmeup.com/124758

Mission

The Feet Meet was started 20 years ago intending to be a family event to help encourage and promote physical fitness in our community. We host a 1 mile and a 5K fun run/walk. Both are aimed at getting our families out, exercising, and having fun! The more our children are introduced to different kinds of physical fitness, the more likely they are to be comfortable with it. Kids are even more likely to take note of physical fitness when they see their parents join in the fun!

Traditionally, the Feet Meet has been a great success in promoting family fitness and healthy lifestyles. Our participation has ranged from 600 to over 1,000 runners.

The proceeds raised from this event are used for trophies, t-shirts, and any other costs used for the event. The event provides an opportunity for kids to experience success and encourages their participation in a fitness activity.

Due to the nature of this event, we will need many volunteers to help keep this a safe and fun activity for our school; you **do not** have to be a runner to volunteer.

Come out and join the FUN!

Race Fees

1 Mile and 5K:

*Adults: \$15

*Kids (14 & under): \$10

T-shirt only (no race bib): \$6

50 yard dash is free

*The above fees include 1 t-shirt/race bib
Make checks payable to: Woods Creek PTO

T-Shirt Sizes

All runners registered by Wednesday, April 11th will be guaranteed a t-shirt.

YS: 6-8

YM: 10-12

AS: Adult small

AM: Adult medium

AL: Adult large

XL: Adult x-large

Woods Creek Feet Meet 2018

ENTRY FORM

Last Name	First Name	Age	Grade (K-12)	Teacher's Name	Sex	T Shirt Size	Race (Circle one)	Amount
					M		1 Mile	
					F		5K	
					M		50 yd	
					M		1 Mile	
					F		5K	
					M		50yd	
					M		1 Mile	
					F		5K	
					M		50yd	
					M		1 Mile	
					F		5K	
					M		50yd	
					M		1 Mile	
					F		5K	
					M		50yd	

Total \$ _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ E-mail: _____

Waiver: For and in consideration of my use of public streets and sidewalks of the City of Crystal Lake, while participating in the Feet Meet. I hereby for myself, my heirs, executors and administrators, assume any and all risks associated with competition or event, and claims that I may now, or in the future, have against City of Crystal Lake, Crystal Lake Park District planners/coordinators sponsors and volunteers or their agents, officers, or affiliates, arising out of participation in and/or any related activities.

I have read and fully understand the above details and waive and release all claim.

Runner's signature (Parent if under 18) Date: _____

Can we contact you to volunteer for Race Day? Yes No