



# Sean's Trail Run

October 17, 2015

**Ballard Nature Center**

5253 E. Hwy 40, Altamont, IL 62411

## Entry Information:

- Registration/packet pickup from 7:30–8:15
- 8:30 a.m. race start time
- \$20 Pre-register for walk/run by Oct. 5
- \$25 Race-day registration fee
- Course is well marked and challenging
- Trail surfaces: asphalt, packed gravel, and grass
- Mile markers and water stations on course
- Limited amount of t-shirts available on race day

For more information or questions:

email: [seanstrailrun@hotmail.com](mailto:seanstrailrun@hotmail.com)

Website: [seanstrailrun.webs.com](http://seanstrailrun.webs.com)



**Entry Form** (please print clearly) mail to: Sean's Trail Run c/o Chris & Cindy Niebrugge, 14160 Greenview Drive, Effingham, IL 62401

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Gender \_\_\_\_ M \_\_\_\_ F \_\_\_\_\_

Age: (on race day): \_\_\_\_\_

**T-shirt** (register by Oct. 5 to guarantee size)

**Select Race** \_\_\_\_ 5K \_\_\_\_ 2 mile Fun run/walk

Adult S, M, L, XL, XXL Youth S, M, L

To order a t-shirt ONLY \$10.00 (per shirt) by Oct. 5

**Raffle Tickets** \_\_\_\_ single ticket (\$5)

\_\_\_\_ Set of 5 tickets (\$20)

*Raffle proceeds will go to Ballard Nature Center*

## Donations

\$ \_\_\_\_\_ Sean's Trail Run (for Rose's From Linda in memory of Sean Niebrugge)

\$ \_\_\_\_\_ Ballard NC in memory of Sean Niebrugge

## Release Waiver

I hereby absolve Ballard Nature Center and any helpers or sponsors of Sean's Trail Run and Outdoor Days of all liability from any injury resulting from this event.

Participant Signature \_\_\_\_\_

Date \_\_\_\_\_

If under 18, Signature of Parent or Guardian \_\_\_\_\_

Date \_\_\_\_\_