

"Got Running on the Brain?" Run the NICK KOT 5K



A CARA Certified Race



When and Where:

- Sunday, April 26, 2009 9:00 a.m.
- Granger Middle School, 2721 Stonebridge Blvd. Aurora, IL 60502 (Near North Aurora Road & Eola; Indian Trail Rd & Stonebridge Blvd)

Early Registration:

- \$24.00 if postmarked by 4/17/09
- CARA Member discount is \$2.00
- Entry Fee Waived for persons mailing in pledges of \$100.00 or more with race registration form or turn them in at registration on race day

Online Registration:

- Go to <http://www.signmeup.com/>
Click on Search--Run/Walk Events-- IL - Nick Kot Charity, NFP 5K
Then follow online instructions
- Online registration closes 4/17/09

In Person/Race Day Registration:

- Race Day Entry Fee is \$29.00
- Race day registration is 7:45-8:45 a.m. at Gwendolyn Brooks Elementary School

Pre-Race T-shirt & Packet Pick-up: 4/19/09 through 4/25/09

Location will be emailed to all pre-registrants

Race Day Race T-shirt & Packet Pick-up: 7:45-8:45 a.m. at Granger Middle School

T-shirts will not be mailed

Directions From I 88: Rt. 59 exit, South on Rt. 59, Turn West on North Aurora Road, Cross over Eola Road, North Aurora Road's Name Changes to Indian Trail Road, Turn Left onto Stonebridge Blvd, Granger Middle School is on the left and Gwendolyn Brooks Elementary School is on the Right

Parking: Parking is available at Gwendolyn Brooks Elementary School & across the street at Granger Middle School; If full, then follow signage to Over-Flow Parking

All proceeds from the 5K go to **The Nick Kot Charity (NFP)**, which was founded in Nick's memory. Nick was 18 years old when he suffered a severe traumatic brain injury (TBI) in 2000 and he passed away in 2003. Nick's parents and brothers founded the Nick Kot charity in 2003 to raise funds in support of research, education and awareness of severe TBI (<http://www.nickkotcharitynfp.com>).

Race Course (USATF: IL-03098-JW):

- 5K (3.1 miles) Fast & Flat Course
- USATF certified Course
- Course map can be downloaded at: www.nickkotcharitynfp.com

Competitive Divisions:

- Overall Male and Overall Female
- Male & Female Runners by Age Categories:
8 & Under, 9-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & Over
- Competitive Wheelchair

Race Results:

- Overall results
- Results by divisions
- Individual results posted immediately after the race for all finishers
- Results will be posted at www.racetime.info and www.cararuns.org

Race Awards:

- 1st place overall male & overall female
- Top 3 finishers from each division
- Participation ribbons to all children under 8

NICK KOT 5K REGISTRATION FORM



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Name: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () ____ - _____ Age: _____ Gender: _____

Circle Division: Run Walk Competitive Wheelchair

Circle T-Shirt Size:* Youth: S M L Adult: S M L XL XXL

**T-Shirt Size guaranteed for registrants signing up by 4/17/09*

Make Checks Payable to: The Nick Kot Charity, NFP

Mail To: Ann Guernon, Nick Kot 5K, 1332 Hall St., Sugar Grove IL 60554

Nick Kot 5K Waiver and Release:

I agree that if I participate in this physical activity, program or event (the "Event") or use any Event facility or Event premises, I do so at my own risk. I agree that I am voluntarily participating in the Event and using Event facilities or premises and assume all risk of injury, illness, damage or loss to me or my property that might result, including without limitation any loss or theft of personal property. I hereby consent to receive medical treatment in the event of injury, accident, and/or illness during the Event. I agree that on behalf of myself (and my personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge all Event sponsors, any and all municipal agencies whose property and/or personnel are used, and any other companies or individuals related to the Event, from any and all claims or causes of action (known or unknown) arising out of their negligence.

I acknowledge that I have carefully read this Waiver and Release and fully understand that it is a release of liability. By my signature below, I am waiving any right that I have to bring legal action to assert a claim against the Event, the Nick Kot Charity, nfp, the Chicago Area Runners Association and all Event sponsors for their negligence.

Signature

Date

Parent or Guardian Signature if under 18 years of age





NICK KOT 5K PLEDGE FORM

Collect all donations prior to race day. Mail the completed pledge form and donations with race registration form. **OR** Bring completed pledge form and donations on race day to registration booth. All checks payable to "Nick Kot Charity, NFP."

Name of Competitor

Pledge # _____	Amount of Pledges:
Name of Person Pledging:	
Email Address of Person Pledging:	
Pledge # _____	Amount of Pledge:
Name of Person Pledging:	
Email Address of Person Pledging:	
Pledge # _____	Amount of Pledges:
Name of Person Pledging:	
Email Address of Person Pledging:	
Pledge # _____	Amount of Pledges:
Name of Person Pledging:	
Email Address of Person Pledging:	