



www.PawsForLife5K.com | PawsForLife5K@gmail.com

- Date: Saturday, April 3, 2010
- Location: Starts and finishes on Lisle Senior High School grounds
1800 Short Street
Lisle IL 60532
- Registration: Begins at 8:00 am; Closes at 9:37 am for competitive race
- Races: 5K Fun Run/Walk, all ages (bring your dog too!)
- Course: This is cross country course, it is NOT a road race. Course consists of paved sections and grass sections, one hill is included.
- Awards: Medals to top male and female finishers in each age group for competitive race. Trophy for overall top male and female runner. Trophy for top two fundraiser!
- Fundraising: People will be able to make donations through the website to sponsor you. All proceeds from the race will be donated to the West Suburban Humane Society of Downers Grove, IL in memory of Charlene Lambertsen.
- Fees: \$20 Fun Run/Walk (with or without dogs)
\$30 Competitive Race
- For additional Information: E-mail: PawsForLife5K@gmail.com
www.PawsForLife5K.com
630-292-4757 (Faye)



Location and Directions

The race will be held on the Lisle Senior High School grounds. The high school is just west of the Lisle Police Department on Short Street. Parking will be available in the high school lot and Lisle Park District lots. The high school is located on Short Street, ½ mile west of Rt. 53 and one mile east of Yackley/College Road.

Race Day Registration

If you are registering the day of the race please bring your race fee to the “Registration Table” on Saturday morning beginning at 8am. There you will be able to fill out your registration form and pay your fee. You are welcome to fill out the attached registration form and bring it with you along with your fee.

Pre-Registered Runners

If you registered prior to the race and paid your fee on-line you can head straight to the

Goodie Bags and Numbers

Participants in both races will receive their numbers and goodie bags at the “Tceg'Rcengvu'cpf ” Dkd'P wo dgtu'Vcdng\$” Competitive Race runners will receive a runner’s bib. This number must be displayed on the front of your shirt so finisher line attendants can pull your race tab as you finish for official timing.

Park Safety

- During the race the park will be opened to the public. There may be bikers, bladders, or pedestrian traffic on the paved sections mostly beyond the 1 mile marker. Please be aware of this and use caution when negotiating the course. Please run defensively, give yourself room to pass racers or public patrons and use verbal warnings when passing to ensure safety.
- Some grass parts are uneven, please be mindful of the terrain to avoid injuries.
- Those participating in the Fun Run/Walk with their dog must **nggr OFF** the course during the men and women’s competitive race. Race marshals will do their best to keep dogs and their owners off the course during the competitive run.
- Runners will cross Short Street two times during the race, race marshals will be stopping traffic for the runners, the street will NOT be closed.
- Restrooms will be available inside the high school and on the park district grounds
- There will be mini-aid stations at each mile with water for participants and water for dogs. These stations will mainly be used for the Fun Run/Walk participates; however, racers may utilize them as well during their race. There will also be a main “Replenish”



station with water and fruit at the entrance of the school for all participants to use throughout the event.

- COMPETITORS: Please note that there will be dogs on the grounds and please be mindful of this to ensure safety.
- DOG WALKERS: You MUST clean up after your dog during the walk and at all other times. There will be a competitive race and we must keep the course as clear as possible. All dogs must be kept off the course during the competitive race for the safety of our runners.
- ALL DOGS MUST BE ON A LEASH AT ALL TIMES
- You may ONLY run/walk with your dog during the 32:50 am Fun Run/Walk
- There will not be an ambulance stationed at the course; however, the course is right next to the Lisle Police Department. Edwards Hospital and Good Samaritan Hospital are 4 miles away. (You all can run there right?)

The Race

*****Eqo r gvkxg Tceg<The htuvtwp at ; <52 am will be the competitive 14 years and up men and women's 5K race. There will be official electronic timing of the race. The starting line and the finish line are in the same area, you will be able to leave your drop bag at the start line. We will have starting line attendants to monitor drop bags during the race. This is a cross-country race, not a road race.

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The Course

The 5K course is run on the beautiful Lisle Senior High School and Lisle Park District grounds which consist of open grass, ponds, paved bridges, and gardens. The 5K course consists of paved and grass surfaces. The race will start near the entrance of the high school and the first 1.5 miles will be run on the high school grounds and approximately half of the first mile is on grass. Runners will encounter one uphill and downhill at the .75 mile marker, after that the race is close to flat. Runners will cross Short Street at approximately the 1.25 mile mark and the race will continue on the Lisle Park District grounds. The second mile is mostly grass; however runners may use the paved path, but the paved path will lengthen the race. Runners will cross a bridge around the 2 mile mark and begin the back loop of the race. The back loop allows runners to run on paved road or grass. Runners will cross Short Street one more time before heading into



the finish chute. The finish line is on grass grounds near the starting line. Timers will be calling out splits at the one and two mile markers.

This course is not a USATF certified course as it is not a road race course. However, the course is used for official Illinois High School Association cross country races, including regional race. Therefore it is highly accurate 5K course.

Charity and Fundraising

The overall goal of the event is to raise money to help animals in need. This event is held in the memory of Charlene Lambertsen, who dedicated her life to helping animals in need. She was unexpectedly taken from us on January 26, 2010. This event is a way in which she can continue to help homeless animals.

Please help us make a difference in the lives of homeless animals. Please attempt to gather sponsors or pledges for your race or your walk. All proceeds from the race will be donated to the West Suburban Humane Society of Downers Grove, IL. Individuals will be able to make pledges online throughout the day of the race; however, only donations made up until 6am the day of the race will be considered for top fundraising prizes. You may also print out a pledge form from the website and fill it out by hand and bring the form and pledges to the race. Top two individual fundraisers will receive trophies.

Age Group Divisions and Awards

Awards will be given to top runners and top fundraisers. Age groups will be as follows; 14-19, 20-29, 30-39, 40-49, 50-59, 60 and up. Top male and female from each age group will receive medals. Overall top male and female will receive trophies. Top fundraising individual and top fundraising team will receive a plaque.

Results

Timing will be computerized timing completed by Race Time. Results will be posted at www.racetime.info within 5 hours and also be posted on www.PawsForLife5K.com. Official results will also be sent to CARA and Chicago Athlete.

Organizers

Faye Kouimelis, Charlene's daughter
Sondra Clarkson, Charlene's daughter
Evan Kouimelis, Charlene's son
David Lambertsen, Charlene's husband
David Lambertsen, Jr, Charlene's son-in-law
O cwtggp"Y j kg, Charlene's friend



PAWS FOR LIFE 5K
5,000 METER CROSS-COUNTRY COURSE

1800 Short Street
Lisle, IL

