



Rockton Lions Club—Old Settler's Days 5K

Saturday — June 15th, 2019

Hononegah High School — 307 Salem St. Rockton, IL

7-7:30 AM	Check-In, Packet Pick-Up & Late Registration
7:45 AM	Colors Presentation & National Anthem
8:00 AM	Runner Start
8:10 AM	Walker & Zero-K Start
9:10 AM	Course Closes
9-11:00 AM	Awards & Raffle Prize Presentation
12:00 PM	OSD Parade starts

WWW.OSD5K.COM

How to Register

Pre-registration can be completed through this mail-in form or through our secured online registration service at RunSignUp.com.

Mail-In—Complete the registration form (see backside) and mail form with payment to: OSD5K Registration, Carrie Lynn Children's Center, 826 N. Main St. Rockford, IL 61103. Payment must be made in check, payable to Rockton Lions OSD5K.

Online—Click on the RunSignUp.com link from our website or scan the **QR Code** (see backside) to complete the short process.

Confirmation and payment receipt will be forwarded to all registrants by email. Early-registration will close on 5/27/2019 at 6 a.m. Late (online) registration will close on 6/7/2019 at 6 a.m. After that, late registration will only be available at early packet pick-up and race day until 7:30 a.m. Late registration must be made in person using cash, check or credit card (square enabled). Shirts and swag will not be provided for late registrants unless available. No refunds or exchanges will be allowed. See website for early packet pick-up information.

OSD5K Registration Fee

Adult \$30
Child \$15 (Child = 12 years of age and under)

OSD ZERO-K Registration Fee

All Ages \$30

Late Registration for both OSD5K & OSD ZERO-K is \$40 (After 5/27/2019 at 6 a.m.). 350 max participants.

Course

The 5k Course will Start and Finish at HHS south parking lot. The out-and-back course runs east bound on the Rockton Bike Path to the turnaround at Hononegah Forest Preserve entrance, then west bound back to HHS. The course is USATF certified.

Swag

OSD5K registered participants will receive the OSD5K Medal, Tech-shirt, OSD 4-day Festival Pass, OSD5K Water Bottle and other race related goodies in their OSD5K Swag Bag. All OSD ZERO-K participants will receive the OSD5K Tech-shirt and OSD 4-day Festival Pass.

Results

Professional electronic bib-chip timing will be provided to all registered OSD5K participants by RealTiming, Inc. See our race results page for more information on bib-chip timing and OSD5K race results on the day of the race.

Age Divisions

8 & under, 9-10, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-75, 75-80, 80+.

OSD5K Medal & Winner Concert Badge

1. First 350 registered participants will receive the OSD5K Medal.
2. Top overall male/female finishers will receive the OSD5K Medal, Winner Concert Badge and a Meet & Greet pass for 6/15.
3. 1st, 2nd and 3rd place male/female finishers of each age division will receive the OSD5K Medal and Winner Concert Badge

The Winner Concert Badge allows FREE entry to the Festival and Concert stages on Saturday, 6/15.

Our Run Charity

All proceeds from the OSD5K Run-Walk, OSD Zero-K & Rockton Firemen's Association Pancake Breakfast will benefit the Carrie Lynn Children's Center. See our charity page to learn more about the center and what they do for both Winnebago and Boone County residents.

OSD Zero-K

We have added a virtual race this year for all non-runners or walkers that want to help CLCC from their couch. OSD ZERO-K participants still receive the OSD5K shirt and OSD festival pass. Those that do join us race day can line-up with our walkers and finish their race at the starting line.

Questions:

Race Director: Kathy Pomahac Email: info@osd5k.com Phone: (815) 662—5770

SPONSORS

Rockton Lion's Club—Rockton Firemen's Association—Rockton Police Department—Hononegah High School—The Village of Rockton
WIFR23—Road ID—Brian Elmer Company—Rockford Park District Police—Seek Your Geek—Pepsi—Biofreeze
Tim Speer Photography—Melendez International—Kimberly-Clark—Hendricks Properties



OSD5K & OSD ZERO-K REGISTRATION FORM



PLEASE PRINT

#OSD5K #OSD2019

PLEASE PRINT

NAME: Last, First _____ M / D / Y _____ ON DATE OF RACE _____ CIRCLE ONE
 DOB: _____ AGE: _____ GENDER: M F

ADDRESS: _____ City, State, Zip _____

PHONE: _____ EMAIL: _____

CIRCLE ONE SHIRT SIZE: XS S M L XLG XXLG (+\$1) XXXLG (+\$1) CIRCLE ONE SHIRT TYPE: MENS LADIES

CIRCLE ONE AGE DIVISION: 8 & under, 9-10, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-80, 80+

SELECT	EVENT	COST	NOTE (350 max participants)
<input type="checkbox"/>	OSD5K ADULT	\$30	Both walker & runner
<input type="checkbox"/>	OSD5K CHILD	\$15	12 years of age and under
<input type="checkbox"/>	OSD ZERO-K	\$30	All ages
<input type="checkbox"/>	LATE REGISTRATION	\$40	After May 25th, 2018 for all events



Total Fee Submitted:
\$ _____

Complete form in full and forward by mail to: **OSD5K REGISTRATION, Carrie Lynn Children's Center, 826 N. Main St. Rockford, IL 61103. Payment must be made in check, payable to, Rockton Lions OSD 5K. Registration must be received prior to 5/25/2019.**

OSD5K & ZERO-K—WAIVER/RELEASE

I know that running [volunteering for] a trail or road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including cold, ice, snow, high heat and/or humidity, traffic and the conditions of the path and road, all such risks being known and appreciated by me. I understand that bicycles, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Rockton Lions Club, OSD5K Staff, Hononegah High School, Village of Rockton, Rockton Fire Department, Rockton Police Department, Rockford Road Runners, Carrie Lynn Center, and all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Print Name _____ Signature _____ Date _____
 (Parent or Guardian Signature if under 18)

Updated: 06-29-2018

Run for Carrie Lynn