

Balmoral Park 5K

Benefiting  RICE

Saturday, June 6, 2009



About the Run: Starting behind the official track starting gate in the parking lot outside of the facility, the Balmoral Park Running with the Horses 5K will invigorate runners as they cruise around the grounds of this historic racetrack. In the final mile, runners will enter the old thoroughbred shoot and charge for home on the track while horses for the upcoming nights races warm up on the outside of the 5k course. With the track announcer in the booth calling the home stretch moves, runners will dash to the finish line to complete the course.

Race Charity: The proceeds from the Balmoral Park 5K will benefit the Racing Industries Charitable Foundation. For more information about this charity visit www.ricfinc.org (logo)

Date & Time & Location: Saturday, June 6 2009 / 5 K Race Starts at 4:15pm near the west end of Balmoral Park Parking lot Balmoral Park is located at 26435 S. Dixie Hwy Crete, IL 60417

No Boundaries Training Program: The Balmoral 5k finish line will be the goal of many as part of the No Boundaries national training program present by Fleet Feet Sports & New Balance. The Program kicks off march 14th, with info session held Tuesday March 3rd @ 6:00pm, Saturday March 7th @ 10:30am, Tuesday March 10th @ 6:00pm at Fleet Feet Schererville. Call 219.864.1000 or visit www.fleetfeetschererville.com for more information

Entry Limit: The 5K race is limited to a maximum of 1000 entrants.

Registration: 5k Run registration can be made on line, in person at Balmoral Park, or submitted by mail to Balmoral Park. There is a race fee of \$15 if registered before 5/29/09 and \$20 race week the of 5/30/09 - 6/6/09 (if available, race day registration will be limited). Each registered runner will receive a goody bag containing an official event shirt, race bib, chip timer, & sponsored items. All participants 21 and over will receive a free pint of Goose Island 312 and entry into the Brewhaha Beer Festival that follows the race. *All registration are non-refundable & non transferable.*

Race Bag Pick-Up: Bag pick-up for the 5k Run will take place on the following: Fleet Feet Schererville (635 E US 30 Schererville, IN) on Wednesday 6/3/09 & Thursday 6/4/09 from 10am – 8pm. Balmoral Park (26345 S Dixie Hwy Crete, Il) on Friday 6/5/09 from 1pm - 8pm and on race day from 12pm - 3:30pm.

Timing: The Balmoral Park 5K is timed using (chip) technology, providing each participant with an accurate time from the start to the finish lines. Chips will be picked up with race bags and must be returned upon race completion. **Racers that do not return their chip will be billed \$10.**

Post Race Party: All race participants that are 21 and over will receive a free pint and entry to the **Balmoral Park Brewhaha** in the First Turn Tent area featuring live music, craft beers. All race participants are invited to stay for the evenings live horse racing.

Course: The course map is downloadable at www.balmoralpark.com in the Runnin with the Horses 5K page. Water will be provided at a midway hydration station and at the finish line.

Course Safety: To ensure everyone's safe enjoyment of these events, please adhere to the following: no dogs, bicycles, roller skates or unauthorized wheeled vehicles will be permitted on the course.

Timing Start and Finish: As a reminder, your official time does not begin until you cross the start line and stops once you cross the finish line. The timing system provides each participant with an accurate time from the start to finish lines. Please note, the finish line entrance will close at 5:00pm sharp allowing participants to run upto16 minute miles.

Directions, Parking and Transportation: From 80/94/294 interchange, take 394 South 10 miles to elms court lane (Balmoral Park Sign). Follow to Dixie Hwy. Turn right enter main gate to parking lot. Shuttles from the University Park Metra Station will be running from 3pm-11pm the day of the event.

Awards: Awards will be given to the top 3 men overall and the top 3 women overall. There will also be awards for the top male and female age group winners in 10 year increments. Overall winners are not included in age group award categories. Age group divisions are as follows: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and Up

Results: Results will be posted at www.balmoralpark.com within 3days of the event.

Weather Policy: The Balmoral Park 5K will take place rain or shine. If cancellation of the event is warranted due to dangerous weather conditions, announcements will be made race day at the race site. The event will not be canceled in advance. All decisions regarding cancellation will be made on site, race day.

Volunteers: If you are interested in volunteering please email Rob at rhefner@balmoralpark.com