

**GILLES FEET FIRST
INTERNATIONAL 5K WALK & RUN**
IN CONJUNCTION WITH THE HOTDOG FESTIVAL
MARCH 28, 2009

8:45 AM WALK 10:00 AM RUN
BURDETTE PARK - BISHEA BUILDING

For Map go to

<http://www.gerwc.com/maps.html>

Late Registration:

7:30- 8:30 a.m. Walk
7:30- 9:45 a.m. Run

Awards:

X-LARGE Stein to Male and Female winner

LARGE Stein to 1st in age group

MEDIUM Stein to 2nd in age group

SMALL Stein to 3rd in age group

**5K RUN Male and Female
Age Groups**

10-Under	11-15	16-19
20-24	25-29	30-34
35-39	40-44	45-49
50-54	55-59	60-64
65-69	70 +	

5K Walk Awards

1st place Male and Female **XL** Stein
2nd place Male and Female **MED** Stein
3rd- 25th Male and Female **SM** Stein

**T-Shirt, Food and
Drinks Will be Provided.**

2009 Walk Grand Prix

Place in the top 10 of each of the GERWC races and receive points. Ten points for first, Nine points for second and on down till One point for 10th. We will give away 25 award plaques at the 2009 GERWC Banquet on Feb. 6th 2010. Below are the Races to compete in. We will take points from your top four races so if you cannot make it to a race it wont hurt your score. This is for GERWC Members Only, and must be a Member by **May 1st 2009**.

- **03/28/2009** GILLES FEET FIRST INTERNATIONAL
- **07/25/2009** Evansville Otters Stadium 5K Walk/ Run
- **10/24/2009** Ray Rayl 5K Walk/ Run
- **11/07/2009** Starbucks 5K Walk/ Run
- **01/01/2010** New Years Healthy Resolutions Walk/ Run (Race Dates are tentative to change.)

There will be a separate Runner's Grand Prix announced soon at www.gerwc.com

Course Description:

Start at Lakeside Shelter 21 go down Lakeside Dr. then turn left on Scout Rd., take a left turn on Scout circle entrance, follow the circle clockwise, come back down Scout Rd back to Start then Right on Bishea Dr. Follow it till back on Burdette Dr. turn right on Burdette Dr., follow it till it ends, turn left on Campground Rd. then turn right on Nurrenbern Rd. go past Discovery lodge then before the curve turn right on the New Bike Path Follow the path back to Burdette Dr. follow Burdette Dr. then left back onto Bishea Drive and Finish almost where mile marker was.

MUST MAIL BY March 21st

For More Info Contact:
gerwc5kvp@gmail.com

Make Checks payable to: **GERWC**
Mail to:
Gilles Feet First 5k
c/o GERWC
PO Box 3835
Evansville, IN 47736

All Proceeds Benefit GERWC

RACE REGISTRATION FORM

Name: _____

Address: _____

City: _____ St: _____ Zip: _____

Phone: _____

E-mail: _____

Date of Birth: _____

Age on RaceDay: _____

One Entry Form Per Person

MUST CIRCLE ALL BELOW:

Male / Female Shirt Size: S M L XL

Race: 5k Walk 5K Run

Entry Fees

(Walk or Run Same Prices)

	Before 3/21	After 3/21
Members	\$13.00	18.00
Non-Members	\$15.00	20.00

ALL KIDS 15 AND UNDER \$7.00

Race:

Walk Run

WAIVER:

In submitting this entry, I, intending to be legally bound for, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims that I may hereafter accrue to me against the Greater Evansville Runners/Walkers Club, the event sponsors, event volunteers, and their officers, directors, agents, successors, and/or assigns for any and all injuries suffered by my family and I at this event, while traveling to and from the **GILLES FEET FIRST INTERNATIONAL 5K WALK & RUN** and **Burdette Park** or while participating in the event. I attest and verify that I am Physically fit and sufficiently trained for the competition of this event.

Signed:

(Note: Parent or Guardian must sign if applicant is under 18 years of age.)

Only the GERWC may use my info.



Gilles Feet First

**SKYLINE
EQUIPMENT
SERVICES**

2009

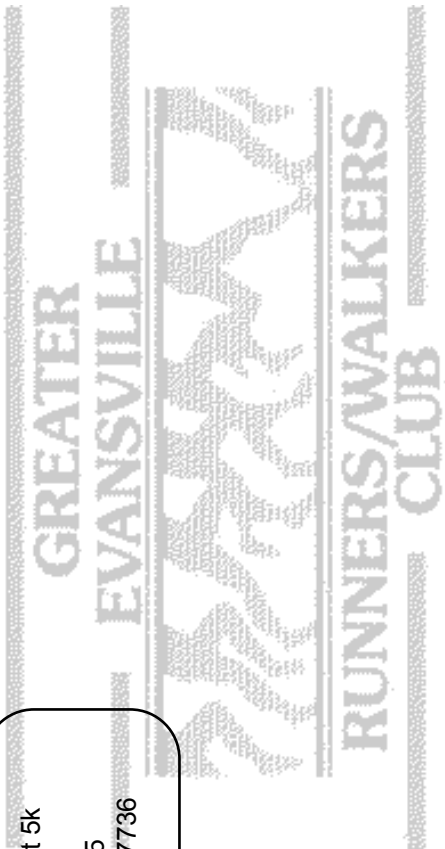
GRAND PRIX



**TEAM BENFIELD
- RUNNING -**

www.teambenfield.com

PRESORT STANDARD
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Gilles Feet First 5k
c/o GERWC
PO Box 3835
Evansville, IN 47736

All Proceeds Benefit GERWC



Burdete Park:
5301 Nurrenbern Road
Evansville, IN 47712

Come and enjoy free refreshments,
hot dogs, chips and beverages
provided by local race sponsors.

Security patrolled day and night.

Enjoy basketball, tennis, hiking, fish-
ing, and many playground and picnic
areas free of charge.

Start Times

8:45 am 5k **WALK**

10:00 am 5k **RUN**