



"Effingham, Illinois...  
Crossroads of Opportunity"

**Saturday,  
June 10, 2005  
8:00 a.m.**

**\*\*Certified  
Course**

Event Sponsored By

**\*\*Effingham  
Central  
Business  
Group**

## Entry Requirements & Fees

- ⇒ **ALL** mail entries must be postmarked by June 1, 2006.
- ⇒ Advanced registration entry fees:
  - 15K Run & 5K Run or Walk - \$15.00
  - Day of Race - \$18
- ⇒ Official T-shirt guaranteed with advance entry.
- ⇒ **THERE WILL BE NO ENTRY FEE REFUNDS.**
- ⇒ No baby strollers, bikes, roller blades or dogs.
- ⇒ Mail your completed entry form, signed waivers and check or money order payable to the **Effingham Central Business Group** to:  
Effingham Central Business Group  
Crossroads Dash  
P O Box 643  
Effingham, IL 62401

## Age Divisions & Awards

Awards will be given to the top 3 men and women in the following age group categories, unless otherwise noted, for the 15K and 5K Run:

19 & under	40-44
20-24	45-49
25-29	50-54
30-34	55 and over
35-39	

Trophies will be awarded to the Overall **15K and 5K Male and Female Masters winners.**

The announcement of winners and complimentary food and beverages for **ONLY** the participants will be outside the First Baptist Church at the conclusion of the race.

## Age Divisions & Awards

Parking will be available at the First Baptist Church parking lot on the corner of Fayette Avenue and Banker Street. The lot is on the east side of the church building. To reach the start line, walk directly north one block to Section Street (just north of Washington Savings Bank). To the finish line, cross Fayette Avenue, walk north to Jefferson Avenue, then east to Effingham City Hall.

## Registration & Packet Pick-up

Registration and packet pick-up will be located at *First Baptist Church*, 213 West Fayette Avenue (corner of Fayette Avenue and Banker Street). Registration will open at *6:30 a.m. on Saturday, June 10* and will close at *7:45 a.m.*

**All participants must sign the waiver and release of liability below:**

In consideration of being allowed to participate in any way in the 2006 Crossroads Dash 15K Run/5K Run/5K Walk, the undersigned:

1. Agree that prior to participating, they will inspect the facilities and equipment to be used, and if they believe anything is unsafe, they will immediately advise race managers and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including severe stress, permanent disability, or death and severe social and economic losses, which might result not only from their own actions, inactions or negligence, but the actions, inactions or negligence of others, the rules of play, vehicle traffic on the course, or the condition of the premises or any premises or any equipment used. Further, there may be other risks not known or reasonably foreseeable at this time.
3. Assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
4. Release, waive, discharge and covenant not to sue the Effingham Central Business Group, its affiliated organizations, their respective administrators, directors, agents, coaches and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees," from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses, or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise.

_____ Signature of Applicant	_____ Date
_____ Printed Name of Applicant	_____ Date
_____ Signature of Parent or Legal Guardian	_____ Date
_____ Printed Name of Parent or Legal Guardian	_____ Date

## Registration Form

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

Male: \_\_\_ Female: \_\_\_

Date of Birth: \_\_\_\_\_

Age on June 10, 2006: \_\_\_\_\_

T-shirt Size:    S    M    L    XL  
(circle one)

Circle the race you are entering:

**15K Run      5K Run      5K Walk**

Fee enclosed: \$ \_\_\_\_\_

Office Use Only: Racer # _____
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**Please read and sign the waiver and release of liability on the reverse side of this form. Applicants who have not signed the waiver will not be allowed to participate.**

*Mail to:* Crossroads Dash  
Effingham Central Business Group  
P O Box 643  
Effingham, IL 62401