



Sunday, October 13, 2019

Promenade Bolingbrook

www.CheesyPretzel5k.org

630-226-8403

Cheesy Pretzel 5k (for the past 7 years known as the Heart Haven Hustle 5k) featuring:

- USATF certified and chip-timed 5k (#12023-JW) winding through the mall and surrounding neighborhoods
- Strollers are welcome to join the event
- Charity of Choice Option: Raise money for your favorite non-profit organization
- Music, Vendors, Awards, Give-A-Ways, and more!
- **New for 2019!** All participants in the 5k and 1 mile walk will receive a soft pretzel and cheese cup along with an awesome custom finisher's medal at the finish line for completing the race!

Partnering to Build a Stronger Community, Step by Step!



All proceeds from this event support local charities!

Schedule & Location

- 6:30 AM Late Packet Pick-Up & Late Registration Opens
- 7:30 AM Warm up
- 8:00 AM 5K Run/Walk Start Time
- 8:05 AM 1 Mile Fun Walk Start
- 9:00 AM Awards Ceremony

Event begins outside Bar Louie at
The Promenade Bolingbrook
619 East Boughton Road,
Bolingbrook, IL 60440

5K Age Divisions

Awards will be presented to the 1st, 2nd, and 3rd place male and female winners in each age category as well as to the overall male and female winners.

10 & under	45-49
11-14	50-54
15-19	55-59
20-24	60-64
25-29	65-69
30-34	70-74
35-39	75+
40-44	

* Parent supervision requested for younger participants.



Registration Form on Back!





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2019 Registration Form

Register and pay online at www.CheesyPretzel5k.org

OR return this registration form by **Thursday, October 10**
with check made payable to **Heart Haven OutReach** to:
Heart Haven Outreach, Attn: Cheesy Pretzel 5k,
201 Canterbury Lane, Suite C, Bolingbrook, IL 60440

Please complete a separate form for each participant

Name: _____ Gender: _____ Age (on 10/13/19): _____
(First Name) (Last Name)

Mailing Address: _____
(Street) (City) (State) (Zip)

Email: _____ Phone: (_____) _____ - _____

Registration Fees

All paid participants will receive a goodie bag and Cheesy Pretzel 5k long sleeve shirt.

Shirts are not guaranteed for registrations after 9/13/19. Strollers are welcome to join the event. No pets, please.

5K Run begins promptly at 8:00 am. The 1 Mile Fun Walk follows the last 5k participant, approximately 8:05 am.

Awards ceremony will be held at 9:00 am.

Pre-registration closes at 5:00 pm CT on Thursday, October 10. Packet pick-up information will be emailed to all registered participants.

Late packet-pick up and late registration will be available on race day beginning at 6:30 am.

Late registration is \$40. Event will be held rain or shine. No refunds available.

Choose one from each category

Event Type: **5K Run** Ages 8 and up only.

Early Bird Rate (before Sept. 1) — \$30

Regular Rate (Sept. 1 - Oct. 10) — \$35

Same Day Registration — \$40

1 Mile Fun Walk Ages 8 and up only.

Regular Rate (before Oct. 11) — \$25

Same Day Registration — \$30

Adult Long Sleeve Shirt Size: S M L XL XXL Youth Long Sleeve Shirt Size: S M L

TOTAL for above participant: \$ _____

IMPORTANT — Please Read and Sign

WAIVER: I know that physical exercise is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to, tripping and falling, contact with other participants, the effects of weather, traffic, and the conditions of the sidewalk and road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I for myself and anyone entitled to act on my behalf, waive and release Heart Haven OutReach, its subsidiaries and affiliates, the State of Illinois, Illinois Department of Transportation, Village of Bolingbrook, Promenade Bolingbrook, Cheesy Pretzel 5k, all sponsors, contractors, and volunteers, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose, and I understand that my name may be posted on the Internet as a participant in the 2019 event. I understand that bicycles, skateboards, roller skates or rollerblades, and animals are not allowed in the 5K run and I will abide by these guidelines. I also understand that my entry fee is non-refundable.

A parent must sign if entrant is under 18 years of age. This is to certify that my child has permission to participate in the event, is in good physical condition, and the event officials may authorize necessary medical treatment.

Signature _____ Date _____

Parent/Guardian's Signature (required if under 18) _____

OFFICE USE ONLY

Date Received: _____ Bib #: _____ Notes: _____