

Sunday, October 9, 2022
Promenade Bolingbrook
www.CheesyPretzel5k.org
630-226-8403

- Cheesy Pretzel 5k featuring:
- USATF certified and chip-timed 5k (#1 2023-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!
 - **The Real Reason We Run!** All participants in the 5k and 1 mile walk will receive an order of Bar Louie's pretzel bites and cheese! At the finish line, 5k participants will also receive an awesome custom finisher's medal 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 Day of Packet Pick-Up & Day of Registration Opens
- 7:30 AM Group Warm Up
- 8:00 AM 5K Run: Start Time
- 8:05 AM 1 Mile Walk: Start Time
- 9:00 AM Awards Ceremony

Event begins outside of Bar Louie

The Promenade Bolingbrook
 619 East Boughton Road
 Bolingbrook, IL 60440



Registration Form on Back!



5K Age Divisions

1st Place Awards will be presented to the male and female winners from every age category. Grand Prize Trophies will be awarded to the fastest male and fastest female runners, regardless of their age.

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

* Parent supervision requested for younger participants.



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2022 Registration Form

Register and pay online at www.CheesyPretzel5k.org

OR return this registration form **by Thursday, October 6**
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 10/9/22): _____
(First Name) (Last Name)

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

Email: _____ Phone: (_____) _____ - _____

Registration Fees

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

*Shirts are not guaranteed for registrations after 9/30/22. Strollers are welcome to join the event. *No pets, please.*

Pre-registration closes at 5:00 pm CT on Thursday, October 6. Packet pick-up information will be emailed to all registered participants.

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

**Event will be held rain or shine. No refunds available.*

5K Run starts promptly at 8:00am - 1 Mile Fun Walk starts at approximately 8:05am - Awards ceremony will be held at 9:00am

Choose one from each category

Event Type:

5K Run Ages 5 and up only.

Early Bird Rate (Ends Aug. 31) — \$30

Regular Rate (Deadline: Oct. 6) — \$35

Day of Registration — \$40

1 Mile Fun Walk Ages 5 and up only.

Regular Rate (Deadline: Oct. 6) — \$25

Day of Registration — \$30

Shirt Size Selection:

Adult Long Sleeve Shirt Size: S M L XL 2XL(additional \$2) 3XL(additional \$3)

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 2021 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: _____