

Rockton Lions Club—Old Settlers Days 5K

Saturday — June 18th, 2022

Hononegah High School — 307 Salem St. Rockton, IL



7-7:45 AM
7:55 AM
8:00 AM
8:10 AM
9:10 AM
9-11:00 AM
12:00 PM

Check-In & Packet Pick-up
Colors Presentation & National Anthem
Runner Start
Walker & Zero-K Start
Course Closes
Awards & Pancake Breakfast
OSD Parade starts

WWW.OSD5K.COM

How to Register

Pre-registration can be completed through this mail-in form or through our secured online registration service at RunSignUp.com.

Mail-In—Complete the registration form (see backside) and mail form with payment to: Carrier Lynn Children's Center, 826 N Main St Rockford, IL 61103. Payment must be made in check, payable to Rockton Lions Club Charities

Online—Click on the RunSignUp.com link from our website or scan the **QR Code** (see backside) to complete the short process.

Confirmation and payment receipt will be forwarded to all registrants by email. Early-registration will close on May 28th, 2022 at 6am. Late (online) registration will close on 6/06/2022 at 6am. After that, late registration will only be available at early packet pick-up and must be made in person using cash, check or credit card (square enabled). Shirts/swag will not be provided for late registrants unless available. No refunds or exchanges will be allowed. See website for early packet pick-up information.

OSD5K Registration Fee

Adult \$30
Child \$30 (Child = 12 years of age and under)

OSD ZERO-K Registration Fee

All Ages \$30

Late Registration for both OSD5K & OSD ZERO-K is \$40 (After 6/1/2022 at 6am). 350 max participants.

Course

The 5k Course will Start and Finish at HHS south parking lot. The out-and-back course runs east bound on the Rockton Bike Path to the turnaround at Hononegah Forest Preserve entrance, then west bound back to HHS. The course is USATF certified.

Swag

All OSD5K registered participants will receive the OSD5K Tech-shirt, OSD 4-day Festival Pass, and other race related goodies in their OSD5K Swag bag. All OSD ZERO-K participants will receive the OSD5K Tech-shirt and OSD 4-day Festival Pass

Results

Professional electronic bib-chip timing will be provided to all registered OSD5K participants by Tri-3 Sports Timing. See our race results page for more information on bib-chip timing and OSD5K race results on the day of the race.

Age Divisions

8 & under, 9-10, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

OSD5K Medal & Winner Concert Badge

1. Top overall male & female finishers will receive a concert ticket and a Meet & Greet pass for 6/18.
2. 1st, 2nd and 3rd place male & female finishers of each age division will receive a concert ticket.

Our Run Charity

All proceeds from the OSD5K Run-Walk, and OSD Zero-K will benefit the Carrie Lynn Children's Center. See our charity page to learn more about the center and what they do for both Winnebago and Boone County residents.

OSD Zero-K

We have added a virtual race this year for all non-runners or walkers that want to help CLCC from their couch. OSD ZERO-K participants still receive the OSD5K shirt, festival pass and admission to the post run breakfast. Those that do join us race day can line-up with our walkers and finish their race at the starting line.

Questions:

Race Director: John Schamell Email: info@osd5k.com



OSD5K & OSD ZERO-K REGISTRATION FORM



PLEASE PRINT

#OSD5K

PLEASE PRINT

NAME: Last, First _____ M / D / Y _____ ON DATE OF RACE _____ CIRCLE ONE
 DOB: _____ AGE: _____ GENDER: M F

ADDRESS: _____ City, State, Zip _____

PHONE: _____ EMAIL: _____

CIRCLE ONE SHIRT SIZE: XS S M L XLG XXLG (+\$1) XXXLG (+\$1) CIRCLE ONE SHIRT TYPE: MENS LADIES

CIRCLE ONE AGE DIVISION: 8 & under, 9-10, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

CIRCLE ONE WILL YOU BE ATTENDING THE PANCAKE BREAKFAST AT ROCKTON FIRE DEPARTMENT: YES NO

BREAKFAST IS FREE TO REGISTERED PARTICIPANTS. GUESTS CAN PURCHASE ADMISSION TICKETS AT THE FIRE STATION FOR \$5.00. ALL PROCEEDS BENEFIT CARRIE LYNN CHILDREN'S CENTER.
 HOW MANY NON-REGISTERED GUESTS WILL BE ATTENDING THE BREAKFAST WITH YOU: _____

SELECT	EVENT	COST	NOTE (350 max participants)
<input type="checkbox"/>	OSD5K ADULT	\$30	Both walker & runner
<input type="checkbox"/>	OSD5K CHILD	\$30	12 years of age and under
<input type="checkbox"/>	OSD ZERO-K	\$30	All ages
<input type="checkbox"/>	LATE REGISTRATION	\$40	After June 1st, 2022 for all events



Total Fee Submitted:
\$ _____

Complete form in full and forward by mail to: Carrier Lynn Children's Center, 826 N Main St Rockford, IL 61103. Payment must be made in check, payable to Rockton Lions Club Charities

OSD5K & ZERO-K—WAIVER/RELEASE

I know that running [volunteering for] a trail or road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including cold, ice, snow, high heat and/or humidity, traffic and the conditions of the path and road, all such risks being known and appreciated by me. I understand that bicycles, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Rockton Lions Club, OSD5K Staff, Hononegah High School, Village of Rockton, Rockton Fire Department, Rockton Police Department, Carrie Lynn Center, and all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Print Name _____ Signature _____ Date _____
 (Parent or Guardian Signature if under 18)

Updated: 04 26 2017

Run for Carrie Lynn