

PILGRIMS PROGRESS 4 MILER & LITTLE PILGRIM 1/2 MILE KIDS TOT TROT

THURSDAY, NOVEMBER 26TH, 2009 - 9:00 A.M.

A time to give thanks and to count our blessings.

The 2009 Pilgrims Progress 4 Miler is a time for friends, families and the community to come together in the spirit of fitness and charity to celebrate the many blessings that have been received. This 4 Miler and 1/2 Mile Kids Tot Trot provide not only great race amenities for participants but allows participants to "give back" to the benefit of children with Cerebral Palsy.

The Pilgrim Progress 4 Miler provides participants like you the opportunity to fundraise and donate to the Luke Billings Foundation. The Luke Billings Foundation founded by Luke's parents, Todd and Wendy Billings, was established to help provide financial assistance to Central Ohio children with Cerebral Palsy to attend Euro-peds, the only hospital-based intensive therapy program in the United States. The purpose of Euro-peds is to explore new, innovative programs and services to meet the needs of these children. The intensive therapy helps children to receive and develop motor skills, including better head control, learning to roll, sit up, transfer, and take their first steps.

AWARDS

The top three males and females in each category will receive a Dick's Sporting Goods Gift Card. \$100 for 1st Place, \$50 for 2nd Place and \$20 for 3rd Place. NOTE: All finishers will receive a custom Pilgrim's Progress or Tot Trot medal.

ENTRY FEE

4 Miler: \$30 until Nov. 1st, \$35 after Nov. 1st and \$40 Race Day Kids: \$15 until Nov. 1st, \$20 after Nov. 1st and \$25 Race Day

PRE REGISTRATION & PACKET PICKUP

Dick's Sporting Goods: 1180 Polaris Parkway - Columbus 43240 Sunday 11/22 from Noon to 6:00 p.m. and Monday 11/23 through Wednesday 11/25 from Noon to 8:00 p.m.

RACE DAY REGISTRATION & PACKET PICKUP

7:00 a.m. to 8:30 a.m.
RACE DAY REGISTRATION IS ALLOWED (Unless sold out)

COURSE INFORMATION

The new course starts and finishes at the new "Restaurant Row" shopping area just opened this year on the east side of the mall. Runners and walkers will take their journey through and around the Polaris Fashion Place and adjacent roads. The course is fast!

Polaris Fashion Place Mall -
1500 Polaris Parkway - Columbus, Ohio 43240

DIRECTIONS

From Columbus to Race Site - Take 71 North to Gemini Parkway. Turn Left on Gemini to Polaris Fashion Place - take service road to east side of mall to the expanded outdoor shopping area.

PARTICIPATION LIMIT

The Pilgrim's Progress 4 Miler will be limited to 1750 participants and the Half Mile Kid's Tot Trot will be limited to 250 kids. Check the online pre-registered list to see if you are registered.

RESULTS DIVISIONS

Age Groups: Under 11, 11 - 14, 15 - 19, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69, 70+, Cruisers (Men over 200lbs and Women over 150lbs) and Race Walkers (Must walk entire event)

RACE PACKET

Each participant will get a long sleeve technical shirt, sponsor goodies and info. NOTE: Kid's Tot Trot garment is long sleeve cotton sweatshirt.

TIMING

Run Wild Racing will time and score this event with the Chrono-Track D-Tag chip system, so your chip will be attached to your bib #. NOTE: if you want to be timed, eligible for awards and results posted on the web, you MUST wear the chip. Please arrive at least 30 minutes prior to race start if you need you chip assistance.

ONLINE REGISTRATION

www.runwildracing.com

QUESTIONS & CONTACT INFO

E-Mail - customerservice@runwildracing.com
Phone - 614-496-7797

DISTANCE

4 Miles for the Adult / Family Race - 1/2 Mile for the Kids Trot
NOTE: The 4 Miler will be a USATF Certified Course

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THURSDAY, NOVEMBER 26TH, 2009

REGISTRATION FORM

Step 1: Personal Information

First Name: _____
Last Name: _____
Address: _____
City: _____ State: _____ Zip Code: _____ Phone: () _____
Birthdate: _____ Sex: Male / Female Running/Walking Club Name: _____
ADULTS TECH SHIRT SIZES: XS S M L XL XXL KIDS TOT TROT (YOUTH) SHIRT SIZES: S M L XL
Email: _____
Emergency Contact Name: _____ Emergency Contact Phone: () _____

Step 2: Select Your Division

- Age Group 4 Miler Until 11/01: 4 Miler - \$30 (Kids - \$15)
 Cruisers (Male 200+lbs / Female 150+lbs) 1/2 Mile Kid's Tot Trot After 11/01: 4 Miler - \$35 (Kids - \$20)
 Race Walker (Must walk entire event) Race Day: 4 Miler - \$40 (Kids - \$25)

Please make your check payable to:

Run Wild Racing, Inc.

P.O. Box 269 - Lewis Center, Ohio 43035

Waiver:

The undersigned ("ATHLETE") on behalf of himself/herself and on behalf of Athlete's personal representatives, assigns, heirs, executors, hereby fully and forever release, waive, discharge and covenants not sue Run Wild Racing, Inc., Polaris Fashion Place, Dick's Sporting Goods, the Luke Billings Foundation, the City of Columbus, the USATF, and all municipal agencies whose property and/or personnel are used, and all other sponsoring or co-sponsoring companies or individuals related to the Pilgrim's Progress 4 Miler (collectively "RELEASES") from all liability to the Athlete and his/her personal representatives, assigns, heirs, and executors, for all loss(es) or damage(s) and any and all claims or demands therefore, on account of inquiry to the Athlete or property or resulting in the death of an Athlete, whether caused by the active or passive negligence of all or any of the Releases or otherwise, in connection with the Athlete's participation in the Pilgrim's Progress 4 Miler ("RACE"). The Athlete represents and warrants that he/she is in good physical condition and is able to safely participate in the RACE. The Athlete is fully aware of the risks and hazards inherent in participating in the RACE and hereby elects to voluntarily compete in the RACE, knowing the risks associated with the RACE. The Athlete hereby assumes all risk of loss(es), damage(s), or injury(s) that may be sustained by him/her while participating in the RACE. The Athlete agrees to the use of his/her name and photographs in broadcasts, newspapers, brochures and other media WITHOUT ATHLETE permission or compensation. The Athlete acknowledges that the entry fee is non-refundable and non-transferable. The Athlete hereby consents to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during the event.

SIGNATURE _____ DATE _____
GUARDIAN SIG (IF UNDER 18) _____ DATE _____

RUN WILD RACING STAFF USE ONLY:

BIB # ASSIGNED: _____

PAYMENT METHOD: _____

AMOUNT: _____

PACKET PICK-UP DATE: _____