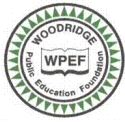


**DISCOUNTED ADVANCE
REGISTRATION AVAILABLE ONLINE!**
www.SevenBridgesSeasonStarters.org



Event Sponsored By:



RESULTS AVAILABLE POST RACE AT

www.SevenBridgesSeasonStarters.org
www.CARAruns.org
www.RaceTime.info



This 10 Mile race is a CARA **CERTIFIED RACE**. It has agreed to adhere to and uphold CARA's Best Practices Guidelines. These

Guidelines embody the highest standards for quality, safety and comfort for participants in a road race.



This 5K race was selected to be part of CARA's 2012 competitive circuit of

races, named the **RUNNERS' CHOICE CIRCUIT**. CARA members can compete on this Circuit for year-end Overall, Age Group, Clydesdale/Athena (weight) and Club awards.

Due to CARA's advocacy efforts, runners in the Chicagoland area enjoy some of the highest quality road races in the country. To view the Guidelines and to learn more about CARA, visit www.cararuns.org.

The Chicago Area Runners Association (CARA) is a non-profit organization devoted to expanding, motivating, supporting and celebrating the running community of Chicagoland. CARA connects runners to resources that enable them to run – farther, faster, better, for life.

Woodridge Area Chamber of Commerce
6440 Main Street, Suite 330 | Woodridge, IL 60517

**Seven Bridges Season Starters
Trail and Road Races**

SIXTH ANNUAL

SEVEN BRIDGES SEASON STARTERS TRAIL AND ROAD RACES

SUNDAY, MAY 20, 2012



10-Mile Run



5K Run/Walk

1-Mile Children's Fun Run

www.SevenBridgesSeasonStarters.org



Like us on
Facebook



SEVEN BRIDGES SEASON STARTERS SUNDAY, MAY 20, 2012

10 Mile Run • 8:00am start
5K Run/Walk • 8:15am start
1 Mile Children's Fun Run • 10:45am start

Discounted Advance Registration Available Online
www.SevenBridgesSeasonStarters.org

DISTANCES

10 Mile Run (USATF #IL-08039-JW)
5K (3.1 miles) Run/Walk (USATF #IL-08038-JW)
Children's Fun Run (1 mile)

AGE DIVISIONS

Under 14*	25-29	40-44	55-59
14-19	30-34	45-49	60-64
20-24	35-39	50-54	Over 65

*Children's Fun Run

FEES

10 Mile Race	\$35 online • \$40 on site
CARA Members	\$30 online • \$34 on site
5K Run/Walk	\$25 online • \$30 on site
CARA Members	\$21 online • \$25 on site
1 Mile Fun Run	FREE (Registration Required)

REGISTRATION

ON-LINE:

www.SevenBridgesSeasonStarters.org
(credit card only)

BY MAIL:

Send this form and check made out to:
Woodridge Area Chamber of Commerce
6440 Main Street, Suite 330
Woodridge, Illinois 60517

All registration forms must be received no later than MAY 15th or they must register on site during the designated time slots.

RACE DAY:

Sunday, May 20th from 6:30-7:30am
Children's Fun Run registration from 9:30-10:30am

INFORMATION

630.960.7080 or www.SevenBridgesSeasonStarters.org

WATER & SPLITS

Water will be available at the start, finish and on the course of the race. Splits will be called at miles 1 and 2 in the 5K and at every mile in the 10 Mile.

REGISTRATION POLICY

Refunds, name transfers, or deferments are not permitted. Your online registration is not complete until you have received a confirmation number after you have totally completed the registration process. Please maintain a copy of your online confirmation number for your records.

2012 RACE DAY INFORMATION

START TIME

Registration Open 6:30 - 7:30am
10 Mile Run 8:00am Start
5K Run/Walk 8:15am Start
Registration for 1 Mile Children's Fun Run 9:30 - 10:30am
1 Mile Children's Fun Run 10:45am

RACE DAY HEADQUARTERS

North end of the Seven Bridges development at the corner of Double Eagle Drive and Irving Place. Parking is available on the North end of Seven Bridges lots.

THE COURSE

The race will begin and end at 6440 Double Eagle Drive in Woodridge. Maps of the course are available at www.SevenBridgesSeasonStarters.org

DIRECTIONS

Double Eagle Drive and the Seven Bridges development are located in Woodridge on the west side of Rt. 53 approximately 3 miles south of I-88 and just north of Hobson Road.

THE 10 MILE RUN

The USATF certified (#IL-08039-JW) 10 Mile course is of moderate difficulty, with two large hills. It primarily runs through Greene Valley Forest Preserve with crushed limestone trail surface. The course closes promptly at 11am. No pets or wheels are allowed.

THE 5K RUN/WALK

The USATF certified (#IL-08038-JW) 5K course skill level is easy with mostly flat terrain and primarily runs through Greene Valley Forest Preserve with crushed limestone trail surface. No pets or wheels are allowed. Walkers must start behind the runners.

CHILDREN'S FUN RUN

1 Mile children's run is run entirely within Seven Bridges Development on flat terrain. Children under the age of 8 must be accompanied by an adult.

REGISTRATION PROCEDURES

The organizers of the Seven Bridges Season Starters do not endorse the selling or trading of bib numbers and will take action to prevent such transactions. Packets will be available for either pre-race pickup at Dick Pond Athletics, 2775 Maple Ave., Lisle on Saturday, May 19th from 11:30am-2:00pm, or at Seven Bridges prior to the race on Sunday morning from 6:30-7:30am. Children's Fun Run Registration open at 9:30-10:30am.

AWARDS

Medals will be given to the top three finishers in each age category of each gender. Top three overall finishers of each gender for the 10 Mile and 5K races will receive trophies. The top corporate team in each distance will receive a trophy. All participants in the children's race receive finisher ribbons.

GOODIES

The premium bag will include, among other items, a short sleeve cotton blend t-shirt for the first 575 registrants for the 10 Mile and the 5K races. Extra t-shirts, if any, will be available for purchase on race day.

2012 SEVEN BRIDGES SEASON STARTERS ENTRY FORM

Please Complete & Sign - Copies will be accepted

Name (Last) _____
First _____
Address _____
City/State/Zip _____
Phone _____
E-Mail _____

Gender	Date of Birth	Age (as of 05/20/12)
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SAVE TIME & MONEY • REGISTER ONLINE! www.SevenBridgesSeasonStarters.org

EVENT (please check one)	T-SHIRT SIZE <input type="checkbox"/> XS <input type="checkbox"/> L
10 Mile Run: <input type="checkbox"/> \$40	(included in fee w/ 10 mile & 5K only) <input type="checkbox"/> S <input type="checkbox"/> XL
CARA Member: <input type="checkbox"/> \$36	<input type="checkbox"/> M <input type="checkbox"/> XXL
5K Run/Walk: <input type="checkbox"/> \$30	CARA # _____
CARA Member: <input type="checkbox"/> \$25	Donation: \$ _____
1 Mile Fun Run: <input type="checkbox"/> FREE	Total: \$ _____
	<input type="checkbox"/> Cash <input type="checkbox"/> Check # _____

»Race # received in race packet

THIS IS AN IMPORTANT WAIVER, PLEASE READ CAREFULLY:

By signing below, I acknowledge my understanding that my participation in the 2012 Seven Bridges Season Starters and/or any pre- or post-Event activities (collectively, the "Event") involves rigorous physical activity and that it potentially may be hazardous. I attest and verify that I am physically fit and have sufficiently trained for the Event and that, if appropriate, my physical fitness to participate in the Event has been verified by a licensed medical doctor. I expressly assume all known and unknown risks associated with the Event, including but not limited to: loss of or damage to my property; injury (including death); accidents; the effects of weather; and terrain conditions that may vary widely, and that may include uneven and/or slippery surfaces, spectators, participants, and natural and man made obstacles (including without limitation, vehicles, security barriers, signs, cables, mats, and debris on or around the course). In consideration of my participation in the Event, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive any and all rights, claims and causes of action I have or may have against any Race Organizer (as defined below) that may arise as a result of my participation in the Event. For these purposes, a "Race Organizer" is any one or more of the following: Woodbridge Bridges, SB1, LLC, Broe Real Estate Services, Inc., Waveland Property Group, Inc., Forest City - Harris Group JV ("FCHG"), Seven Bridges Development, LLC ("SBD") (and all businesses operating on property owned by, or purchased from, SBD or FCHG), Moser Enterprises, Inc., Hagge Group 7 LLC, Woodridge Golf Club Operating Venture, FC - Harris Brokerage JV; Woodridge Area Chamber of Commerce; the Woodridge Public Education Foundation; and any of their respective affiliates, owners, or control entities; all governmental agencies representing the territory in which the Event will be held, including the County of DuPage and its employees; all sponsors, agents, vendors, and contractors of or for the Event; Chicago Area Runners Association; USATF officials; medical service providers; and the officers, directors, employees, representatives, agents, tenants, successors and assigns of each of the foregoing. I hereby agree to indemnify all Race Organizers for any and all claims and losses (including attorney's fees and court costs), which may be brought against any one or more of them by anyone, including myself, claiming to have been injured or otherwise to have suffered loss or damage as a result of my participation in the Event. I further grant full permission to any and all of the foregoing to store, use and/or reproduce my image or likeness by any audio and/or visual recording technique (including electronic/digital) now in existence or hereafter invented, for any legitimate purpose, including commercial sales and marketing purposes. I understand and agree that information about me that is collected by the Race Organizers, including without limitation information on my entry form, my Event results, and any and all health information that I may disclose to Event medical personnel, may be disclosed to third parties for any legitimate purpose, including commercial sales and marketing purposes, and that it may be subject to re-disclosure by the recipient(s). I acknowledge and agree to abide by any Official Rules for the Event that may be posted at the Event or on the Event's, or any related, website. I hereby represent and warrant that I am 18 years of age or older or, if applicable, that I am the parent or legal guardian of the child under the age of 18 years old who I am registering for the Event and that I have the full power, right and authority to agree to these terms on behalf of such child, and to bind him/her to these terms.

Signature of Participant: _____ Date: _____

I am the parent and natural guardian or legal guardian of the above signed minor child participant and in consideration of the permission extended to my child to participate in the event. By my signature, I certify the participant: (1) is my minor child; and (2) has no history of injury or disease which might be affected by the event. I further represent that I am in fact in my capacity as parent or guardian, and understand and agree to the terms of the above waiver and release.

Signature of Guardian: _____ Date: _____
(If under 18 years)