

c/o Rick Datchman
1530 N. Dearborn Pkwy.
Unit 12 South
Chicago, IL 60610



25th Annual Diane Graham-Henry 5k Race Walk

Hotels

Days Inn Lincoln Park, 700 W. Diversey, 773/525-7010
www.daysinn.com

Inn of Lincoln Park, 644 W. Diversey, 773/525-7010

Majestic Hotel, 528 W. Brompton, 800/727-5108

The Willows, 555 W. Surf, 800/787-3108

City Suites, 933 W. Belmont, 800/248-9108

www.cityinns.com

Best Western At Hawthorne Terrace, 3434 N. Broadway,
888/860-3400. www.hawthorneterrace.com

Directions to Race

From the North:

From N/S expressways exit at Irving Park (4000N). Go east to Lake Shore Drive. Go under Drive and turn left (north) and exit at Montrose (4400 N). Go east to Simonds Drive (which turns north). Park in lot, or along Simonds. Race Start is near field house at foot underpass.

From the South:

Take Lake Shore Drive north to Montrose (4400N).
See above directions.

Sponsors



Present the 25th Annual Diane Graham-Henry 5k Race Walk

&

USATF Illinois State 5k, USATF North Region 5k Championships

**Saturday,
September 24, 2011
at Montrose Harbor**



JOIN THE SPORT OF RACEWALKING!

The Chicago Walkers Club is hosting its 25th Annual Diane Graham-Henry 5k Race Walk, September 24, 2011, at Montrose Harbor on the lakefront of Chicago. Chicago Walkers Club, in its 28th year, is one of the largest walking clubs in the Midwest. Check out the Club and its activities at www.chicagowalkers.org.

A NEW fast, flat course has been developed for the race. It's a .64 mile loop. The course map is on the club website, www.chicagowalkers.org

RACE INFORMATION:

Date: Saturday, September 24, 2011

Place: Montrose and Simonds at Montrose Harbor on the Lakefront.

Time: 7:30 a.m. Check-in/Registration
8:30 a.m. Race Walk Start

Packet Pick-up Day of Race:

Awards and Raffle to follow event.

Raffle winners must be present.

FEE: \$25, \$30 race day
\$10 Youth (under 18 years old)

REGISTRATION:

Send application and entry fee to:

Chicago Walkers Club
c/o Rick Daitchman
1530 N. Dearborn Pkwy.
Unit 12 South
Chicago, IL 60610

Certified Course



Sanctioned Event

Chicago Walkers 25th Annual Diane Graham-Henry 5k Race Walk 2011 USATF State & USATF North Region 5k Championships

The CWC 25th Annual is also the 2011 USATF State 5k for Illinois residents, and USATF North Region 5k Championship. These races are USATF competitive events where USATF race walk rules apply. USATF course cert. No. IL-06085-JW

The athletes compete in five-year age groups: 29 and under to 70 and over. First three male and female finishers, after judges' calls, in each age group will receive medals.

Proper race attire: SHORTS & shirt.

Knees must be visible. Race numbers must be worn center of chest and back. Event judged by USATF certified officials.

**Hotel information and directions
on outside of this form**

Awards for CWC Members Only!

Three categories of awards for CWC members:

1. Most improved (previous year) male & female.
2. Best time for first-time racing male & female.
3. Best male & female Mid America Race Walk Standards percentage for the race.

Non-Medal Awards

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Chicago Walkers 25th Annual Diane Graham-Henry 5k - ENTRY FORM: Fill out clearly.

NAME: _____ AGE: (9/24/2011) _____
ADDRESS: _____ Date of birth: _____
CITY: _____ STATE: _____ ZIP: _____ SEX: M _____ F _____
TELEPHONE(S): _____ 2011 USATF# _____
E-Mail: _____ (Required for USATF Events)
TEAM Name: _____ Club/School/Assoc. _____

Volunteer: Please fill out address, phone & e-mail.

Waiver: In consideration of accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release any and all right and claim for damages I have against the City of Chicago, Chicago Park District, Chicago Walkers Club, organizers, sponsors, officials their representatives, successors and assigns for any and all injuries suffered by me in said event. I further attest and certify that I am physically fit for this event.

SIGNATURE: _____ **DATE:** _____
(If under 18 years of age, signature of parent or guardian is required)