



USATF Certified Course

5K Run • 5K Walk 1.5 Mile Fun Run/Walk

Saturday, September 12, 2009

Organized by the Chester Running Club - "Home of Popeye"

REGISTRATION:

Pre-registration fee of \$15 per participant
MUST be received by Saturday, September 5, 2009.
ALL ENTRIES AFTER SEPTEMBER 5TH WILL BE \$20.

Race day registration will be accepted.
Entries on Copies are acceptable.

MAKE CHECKS PAYABLE TO:

Chester Running Club
P.O. Box 396
Chester, IL 62233

Or place in City Hall Drop Box by
Saturday, September 5, 2009

ANNIVERSARY BACK PACK TO THE FIRST 250 APPLICANTS (FEE MUST ACCOMPANY REGISTRATION FORM - NO REFUND)

FURTHER INFORMATION: Call **Bob Platt (618) 826-2827 • Bob Koenegstein (618) 826-5264**

Registration Forms & Results Available at popeyeraace.blogspot.com
For a complete Popeye Picnic schedule visit: www.popeyepicnic.com

ONE APPLICATION PER REGISTRATION FORM

Name: _____ Phone: _____

Address: _____ Age (on race day): _____

City/State/Zip: _____ Circle Gender: Male Female

Circle One: 5K Run 5K Walk 1.5 Mile Run/Walk

Please Circle T-Shirt Size:

Youth Sizes: 10-12 14-16 Adult Sizes: SM MED LG XL XXL

I hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against the City of Chester, Chester Running Club, Popeye's Picnic Committee, all co-sponsors, contributors and their agents for any injuries suffered by me during this event. I attest and verify that I am physically fit to compete in this event.

Signature (All Participants MUST Sign)

Parent's Signature (If Participant is Under 18 Only)

WHEN:

Saturday, September 12, 2009

WHERE:

Chester, Illinois - Located 60 miles south of St. Louis, Missouri - 40 miles north of Carbondale, Illinois - on Route 3 intersecting Route 150

PACKET PICK UP: 7:00-8:00 a.m. on race day at the Buena Vista Parking Lot

STARTING TIME: 8:30 a.m.

STARTING PLACE: Near the Buena Vista/Hardee's corner of Swanwick Street and Route 3

COURSE: The 5K run & walk events take place over a one-loop course with gradient hills through historic Chester. The Start and Finish line are the same.

SPLIT TIMES: Split Times will be called at the 1 & 2 mile marks. Overhead clock displayed at Start/Finish line

**T-Shirts to All Entrants • Live Race Announcing
All Entrants Eligible for Merchandise Drawing From
Donations of Area Merchants**

COMPETITION CATEGORIES**5K RUN: (Men & Women)**

13 years and younger, 14-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and older.

5K WALK:

Women - 24 years and younger, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70 and older

Men - 25 years and younger, 26-40, 41-49, 50-59, 60-69, 70 and older

AWARDS

5K RUN: Trophies awarded to the top **five** males & females (including Overall Male & Female), and the top 3 finishers in each age category.

5K WALK: Trophies awarded to the Overall Male, Female and the Top 3 finishers in each age group.

COURSE RECORDS

5K RUN MALE: Brian Bundren - 15:28 (2001)

5K RUN FEMALE: Lee Ann Reed - 17:55 (1997)

5K WALK MALE: David Coutts - 25:22 (1999)

5K WALK FEMALE: Nancy Sido - 29:55 (1999)

CO-SPONSORS:

**Gilster-Mary Lee Corporation
Chester National Bank
Buena Vista National Bank
First Bank of Chester
Silkworm, Inc.: Custom Printing
Pepsi**

CONTRIBUTORS:

**G. Patrick Mulholland, PLS Land Surveying
Robert Platt, DDS
Patrick Miller, DMD**

**Southern Illinois Chiropractic - Dr. Jodi B. Buskohl
Gibbs Chiropractic Health Center - Adam Gibbs, DC
Country Financial - Betty McCoy, Agent
State Farm Insurance - Larry Burton, Agent
Lawrence G. Soellner, OD
Chester Clinic P.C.
Victor Drugs**



1922-2008

5K Run/Walk on Kaskaskia Island. In 1998 he was named Runner of the Year by the River to River Runners. He was well-known, well-liked and respected in the running community and will be missed by family and friends.

This year's 30th running of the Popeye 5K Race is dedicated to the fond memory of our fellow runner and friend, **Paul Heires**. Paul was an avid runner. He not only ran every day, but participated in races all over Southern Illinois. He helped organize and direct the Liberty Bell of the West