

Event Overview

The Annual Irish Jig Jog is sponsored by St. Catherine of Siena School. The race is run in conjunction with the St. Catherine of Siena Parish Annual Irish Fest. All proceeds from the race will go to the St. Catherine of Siena Home & School Association.

The Jig Jog courses take you through West Dundee and Sleepy Hollow neighborhoods. 5K and 10K courses are USATF certified and include some challenging hills! Water station locations at the 2.5 and 4.5 mile on the 10K and at the 1.5 mile on the 5K.

All participants receive a custom-designed T-shirt, a "goody-bag" and post-race refreshments. Awards will be given in seven categories. The awards ceremony will begin at 9:45 a.m.

Race results will be posted on racetime.info and www.cararuns.org. Bicycles, in-line skates, roller skates, other wheeled vehicles (except wheelchairs) and dogs are not allowed on the course.

Event Sponsors

DICK POND
ATHLETICS inc

RUNNER'S
WORLD



Jamba Juice.

Registration

Online: www.signmeup.com

By Mail: St. Catherine of Siena School
Attn: Jig Jog
845 W. Main Street
West Dundee, IL 60118

Checks payable to: St. Catherine of Siena School

Day of Event: 6:45 - 7:45 a.m. at the school

Registration fees increase \$5.00 per race after 8/25, so be sure to sign up early!

For more information, visit the website at:
www.irishjigjog.com

St. Catherine of Siena Annual Irish Jig Jog

10K Run, 5K Run &
1 Mile Fun Run/Walk



Saturday
September 6, 2008
8:00 a.m.

www.signmeup.com
Email: hartj@st-cath.net

