



Thanks to Our Major Sponsors:



Saturday, September 11, 2010

6:30 am.—Registration opens

7:30 a.m.—5K Race

7:35 a.m.—Shamrock Family Mile

8:15 am.—Leprechaun Lap



This race has applied for and received the Chicago Area Runners Association designation as a CARA CERTIFIED RACE. This race 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. 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 – further, faster, better, for life.

Location: St. Catherine of Siena, 845 West Main Street (SW corner of routes 72 and 31), West Dundee

Parking: Parking is available in the East parking lot behind the school and the West parking lot in the grass area only. To ensure the safety of all participants please access parking via Galvin Parkway and do not attempt to enter the school parking lot via IL Rt. 72. Participants with special parking needs should enter the event via IL Rt. 72 where a security guard will provide assistance.

Overview: The Annual Irish Jig Jog is sponsored by St. Catherine of Siena School. It is run in conjunction with the Annual Fox Valley Irish Fest. All proceeds from the race will go to the St. Catherine of Siena Athletic Association. 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.

Course: The Jig Jog courses take you through the village of West Dundee. The 5K course is USATF and CARA certified, and includes some challenging hills! Split times will be provided at each mile mark. Water station located at the 1.5 mile. For a course map, visit: www.irishjigjog.com

Amenities: Technical t-shirt and race bag guaranteed for all pre-registered participants of the 5K and 1-Mile. Raffle prizes and refreshments will be provided at the end of the race.

Entry Fee: Pre-Registration ends 8/31—fees for the 5K and 1-mile increase by \$5.00 after 8/31. 5K is \$25.00 (\$22.00 for CARA members), 1-Mile is \$15.00 and Leprechaun Lap is \$5.00. Register on-line at: www.signmeup.com, or mail-in the registration form below.

Awards: 5K awards will be given to the top three males and females in each category—14 & under, 15-24, 25-34, 35-44, 45-54, 55-64, 65 and over. Top overall male & female in the 1-mile will be recognized. All participants of the Leprechaun Lap will receive a medal.

Packet Race Packets can be picked up at McGrath Honda in Elgin (2020 N. Randall Rd.) on Wednesday and Thursday (9/8—9/9) from 6:00—9:00 p.m. Pick up your race packet on-site at McGrath and receive a FREE car wash!

ST. CATHERINE OF SIENA IRISH JOG JOG REGISTRATION FORM

(\$30 after 8/31)

(\$20 after 8/31)

Circle Event: *5K—\$25.00 Shamrock Family Mile—\$15.00 Leprechaun Lap—\$5.00 (limited to children age 5 and under)

*CARA Members—\$3.00 discount (\$22.00 / \$27.00 after 8/31) Member Number: _____

Name: _____ Male: Female: Birth Date: _____ Age: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Phone: () _____ E-Mail: _____

T-Shirt Size (circle one): Youth M Youth L Adult S Adult M Adult L Adult XL Adult XXL

Waiver and Release of All Claims (All participants MUST sign this waiver—if you are under 18, it must be signed by a parent or guardian)

In consideration of the acceptance of my entry, I, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have or may have against the organizers of this event, the Village of West Dundee, The Chicago Area Runners Association, and any of their respective principals, officers, employees, or representatives, and any and all claims of damages, demands, or actions whatsoever, in any manner, as a result of my participation in the Irish Jig Jog race event, including travel to and from the event and any pre- and post-race activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of the event and I have not been advised otherwise by any qualified medical person. Further, I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, telecast, video, or print media of the event without compensation to me. I understand that the entry fee and bib numbers are non-transferable.

Signature: _____ Date: _____

Send completed registration form with entry fee to: St. Catherine of Siena School, Attn: Jig Jog, 845 W. Main Street, West Dundee, IL 60118
Checks payable to: St. Catherine of Siena School. For more information, please visit our website at: www.irishjigjog.com, or email us at: irishjigjog@yahoo.com

REGISTER ON-LINE AT: WWW.SIGNMEUP.COM

Register early! After 8/31, registration fees increase \$5.00 per race and we cannot guarantee you a t-shirt.