



# CITY OF THE SUN 5K TRAIL RUN



### Entry Fees:

- \$30 by Oct. 1
- \$35 starting Oct. 2
- \$50 Family Registration  
*(Includes 2 numbers and 2 shirts)*

### Awards:

- Overall Male & Female
- 1st, 2nd, 3rd in each division



**Divisions:** 19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Up

**Packet Pickup:** Nov. 9, In Interpretive Center Lobby from 8 AM - 2 PM **OR** 8 AM the morning of race in Interpretive Center Lobby. *(The Gallery & Exhibits will remain closed during this event.)*

**Timing:** Provided by Toolen's Running Start, Shiloh, IL.

**Parking:** Available in Main Lot.

**Gus' Pretzels:** will be available after race.



## ALL PROCEEDS FUND COMMUNITY OUTREACH EVENTS & EDUCATIONAL PROGRAMS AT CAHOKIA MOUNDS

**Additional Information:** Run will occur rain or shine, may be canceled in case of lightning. Registration fees are final. Dogs are allowed, please line up at end of pack to avoid tripping other participants. Some areas of the trails are not suitable for strollers. This trail winds through several cultural/natural features of the site. Sections of the trail are in wooded areas; expect uneven surfaces and mud if it is wet. Check our Facebook page for any last minute updates. Trail subject to change, as determined by director.



**Limitless Chiropractics:** will provide pre & post-run muscle work.

**Riv Kane:** will lead a yoga session at 8 AM, one-hour before the race, in the museum lobby.

*Register by Phone, Mail, or Online at Active.com*

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Age on 11/11/2023: \_\_\_\_\_ Male/Female (Circle One)

Email: \_\_\_\_\_

T-Shirt Size (Circle One) Adult Sizes Only - S / M / L / XL / 2XL / 3XL

Waiver of liability: In consideration of this entry, I the undersigned, intending to be legally bound hereby to myself, heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against Cahokia Mounds State Historic Site, CMMS, and the representative, successors, assignees, and all sponsors for any injuries suffered by me at said event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

