



23RD ANNUAL



'TOP OF THE MORNING'

5K Run/Walk & Kids Fun Run

Sunday, March 6th, 2022 at Toolen's Running Start

TIME: 8:00 AM – 5K Run/Walk. The Kids Fun Run will immediately follow the completion of the 5K.

STORE ADDRESS/LOCATION: 3260 Green Mount Crossing Drive, Shiloh, IL 62269.

Take Exit #16 from I-64 East. Turn right on Green Mount Road.

Turn left at next light, into the Green Mount Crossing Shopping Complex. Toolen's Running Start will be on your left.

COURSE: Course will be an out-and-back, starting & finishing at Toolen's Running Start.

AWARDS: The Top 3 Overall Winners will receive trophies (Male & Female). Top Master's Trophy (M & F). Medals will be given to all 1/2-Mile Kid Fun Run finishers. The Awards Presentation will take place after the Fun Run.

AGE GROUPS: Top 3 Finishers (M & F) 10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over

PACKET PICK-UP: Friday, March 4th & Saturday, March 5th from 10 AM to 5 PM & Race Day from 7 to 7:45 AM at Toolen's Running Start.

STORE DISCOUNT: SAVE at LEAST 15% on Shoes, Apparel & Accessory purchases during Packet Pick-Up Days & Race Day.

ENTRY FEES: 5K Entry Fee is \$25, Kids Fun Run fee is \$20. Register by Monday, February 21st, 2022, to be guaranteed a shirt.

Late Entries & Race Day entries will be \$30 for the 5K & \$25 for the Fun Run.

Entries past the deadline are not guaranteed a shirt and will be on a first come first serve basis, while supplies last.

Entry fees are nonrefundable. Race will be held rain/shine and based on COVID regulations.

Please make checks payable to "Top of the Morning" & mail to Toolen's Running Start.

PLEASE NOTE: We will be using **CHIP TIMING!** Your chip will be given to you at Packet Pick-Up.

Please provide all needed contact information on your registration form. Your registration will be held if you do not provide your contact information (phone number, email address and mail to address).

COVID SAFETY MEASURES: For the consideration of all our participants and volunteers, our event will be complying with all federal/state/local safety measures regarding COVID-19. These safety precautions **may** include mandated mask wearing prior to and after the 5K Run/Walk, social distancing, staggered starts, participants providing their own hydration, and limited post-race festivities. Please follow our facebook page – Toolen's Running Start – for updates prior to race day. If safety guidelines mandate that the event cannot be held in person, we will either postpone or revert to a virtual event.

ADDITIONAL INFO: Questions, Comments, Concerns? Please contact Toolen's Running Start at 618-628-9898 or visit www.toolensrunningstart.com

REGISTRATION FORM 2022 "TOP OF THE MORNING" 5K Run/Walk & Kids Fun Run

NAME: _____ **ADDRESS:** _____

CITY: _____ **STATE:** _____ **ZIP:** _____

TELEPHONE #: _____ **GENDER: M / F** **AGE AS OF 3/6/2022:** _____

EMAIL ADDRESS: _____

RACE (circle only one): 5K Run/Walk Fun Run/Walk

SHIRT SIZE (circle only one): **ADULT:** S M L XL XXL **CHILD:** S M L

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 Toolen's Running Start, the City of Shiloh, Green Mount Crossing, LLC, CAPLACO Mgmt. Co., and the representatives, successors, assignees, and all sponsors for any and all injuries suffered by me in said event.

SIGNATURE: _____

DATE: _____

{ PLEASE PRINT }

{ Want to Register Online?
Please visit www.PMSYMPO.com
ATTENDANCE
PRIZES, PANCAKES,
Pizza, IRISH
ENTERTAINMENT
FOLLOWING THE

