

Enjoy fall in Vermont and run or walk with your friends and family for a cause

ABOUT THE FUN WALK/RUN

The 5K race is open to runners and walkers of all ages and abilities. It is a flat and fast course. The start/finish area is at the Killington Recreation Field on River Road. The course travels along River Road to Wolf Hill Road then back on River Road to the finish. **First 300 registered 5K participants receive an event t-shirt!**

Date: Sunday, Sept. 16, 2007

Time: **8-9:30 a.m.** - Day of race registration & number pick-up
9:30 a.m. - Kid's Race
10 a.m. - 5K Run/Walk

Cost: **5K Pre-Register:** \$15/ages 12 & under
\$18/ages 13 & older

5K Day of Race: \$20/All ages

Kids Fun Race (12 and under):

\$5, distance is a lap around field, includes entry into special kid's raffle

AWARDS

Prizes will be awarded to Top Male and Female in the Run, each receive an IBEX running suit. There will be 8 age categories with the top male and female being recognized in each.

WIN A KILLINGTON

07/08 SEASON SKI PASS

Racers will automatically be entered into the raffle, where the grand prize is an unlimited 2007-2008 Killington season ski pass. Additional raffle tickets may be purchased for \$5 each.

For more information, contact Sarah Rasmussen at 802.236.1988 or serasmussen@comcast.net.

Directions and Parking

Rt. 4 East/West to River Road in Killington (little white church on corner). Registration area and Start/Finish located at Recreation Fields next to Killington Town Hall. Parking will be at all of the Town of Killington buildings and lots on River Road. Please DO NOT park on River Road as this is part of the kids race and the 5k run/walk course.

Thanks to our Sponsors. Without them,
this race would not have been possible.



HOME OF WORLDS BEST BREAKFAST

Kim Jackson
Editorial/PR Services

SHERBURNE WOMENS' CLUB
KILLINGTON RECREATION DEPARTMENT

REGISTRATION

(Keep a copy of this flyer for your records.
This is your only confirmation of registration.)

I am doing the:

(circle one) 5K RUN 5K WALK

Racer's First Name _____

Racer's Last Name _____

Address _____

City _____

State _____

Zip _____

Day phone _____

Evening Phone _____

Email _____

Sex _____

Age (on day of race) _____

Please Read Carefully:

I understand there are risks of physical injury in participating in sport and recreational activities or programs. I hereby release the race organizers, the Town of Killington, its employees, officials and agents from any and all liability or loss or damage to personal property which I or my child may experience in connection with activities sponsored by the Killington Recreation and Parks Department. I hereby consent to emergency medical procedures deemed advisable for my child, or me, in the event I cannot be reached and my child has sustained an injury. The Killington Rec. Dept. does not provide accident or hospitalization insurance for participants of its programs. All participants are advised to have adequate personal coverage. Please consider participant's own health, experience and tolerance for risk before participating in this program.

Racer's Signature:

Parent's Signature (if racer is under 18):

5K Pre-Register:

\$15/ages 12 & under; \$18/ages 13 & older

5K Day of Race: \$20/All ages

Kids Fun Race (12 and under): \$5, distance is a lap around field, includes entry into special kid's raffle

Total Racer Fee: \$ _____

Please accept my donation

for IDEAS: \$ _____

Total Amount Enclosed: \$ _____

Cash or check only. Please make checks payable to IDEAS. Mail to: The IDIC 15 5K Run/Walk, PO Box 467 Killington, VT 05751

Additional applications available to download at
www.idic15.org.

Credit Card Registration available at
www.active.com.

Take a step with us to help raise awareness and support for IDIC 15

Isodicentric 15, abbreviated idic(15), is one of a group of genetic conditions known as chromosome abnormalities. People with idic(15) are typically born with 47 chromosomes in each of their body cells, instead of the usual 46 found in most people. It is the presence of this extra genetic material that is thought to account for the symptoms seen in some people with idic(15) including: hypotonia, seizure disorders, ADD/ADHD disorders, anxiety disorders, learning disabilities, and global developmental delays.

IDEAS is a completely volunteer run non-profit organization dedicated to providing family support, raising awareness and most importantly fostering medical research into idic(15) and related disorders. IDEAS relies on the involvement of families to help raise money to accomplish its mission.

100% of the proceeds from this race will be donated to IDEAS.

www.idic15.org



The IDIC 15 5K Run/Walk
PO Box 467
Killington, VT 05751

The 2nd Annual IDIC 15 5K Run/Walk



Sunday, September 16, 2007

Race begins at 10:00 am
Killington Recreation Center
Killington VT

5K Run
5K walk
Kids Fun Run