

The Early Spring 5K Race with Finisher's Medal, Tech Shirt and 400m Kids Dash!

Run along the path that surrounds the naturally beautiful waterfront in Mallard Lake Forest Preserve and show off your Finisher's Medal to your friends!

- Flat and fast course, mix of paved asphalt and crushed limestone – no grass.
- Start/finish line is on asphalt. USA Track and Field Certification #IL-13156-JW
- Custom finisher's medal
- Short Sleeve Technical Running Shirt (youth, ladies and unisex sizing)
- Custom Designed Award Medals to top three finishers in each age category (men and women; under 19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 & 75+) Yes! We have expanded the age categories for the 65 year old and better crowd
- Cash Prizes for 1st (\$100), 2nd (\$75) and 3rd (\$50) Place Overall for Male and Female
- 400 meter Kids Dash for ages 2-12 years, asphalt course, keepsake ribbon award (just like the runners!) and short sleeved cotton t-shirt
- Plenty of restrooms, water and post-race refreshments
- Free parking at Stratford Square Mall, adjacent to the start/finish line
- Disposable electronic chip timing with instant time results kiosks and instant time results texted to your cellphone. Race Timing for the April Fools 5K is Provided by Race Works Timing (RaceWorksTiming.com)

Packet pick-up will be on Thursday, April 5th, from 3-7 pm; Friday, April 6th, from 3-7 pm at Trinity Lutheran Church, 405 Rush St, Roselle, IL 60172. You can also get your packet on race day at the starting line from 7:30 am-8:30 am. Due to the busy nature of race day, we highly recommend early packet pick up.



2018 April Fools 5K Medal



Unisex



Womens

2018 April Fools T-shirt

Registration Costs

- 5K, Early Bird Registration (ends 3/3/18 at 11:59 pm) \$30
- 5K, Regular Registration (ends 3/31/18 at 11:59 pm) \$35
- 5K, Race Week Registration (online registration ends at 12:00 noon on Friday, 4/6/18) \$40
- 5K, Race Day Registration (register at the race between 7:30 am-8:30 am, CASH ONLY) \$40
- 400 meter Kids Dash, Early Bird Registration (ends 3/3/18 at 11:59 pm) (ages 2-12) \$12
- 400 meter Kids Dash, Regular Registration (ends 3/31/18 at 11:59 pm) (ages 2-12) \$14
- 400 meter Kids Dash, Race Week Registration (online registration ends at 12:00 noon on Friday, 4/6/18) \$16
- 400 meter Kids Dash, Race Day Registration (register at the race between 7:30 am-8:30 am, CASH ONLY) \$16

To register for the 5k or Kids Dash, go to www.AprilFools5k.com

Fox River Trail Runners and CARA members can receive \$5 off their registration by emailing a copy of their club card to drerin@ducatchiropractic.com to receive the promo code. If we find out that you passed this code to others who are not able to show their club card at packet pickup, the bib will not be released until the \$5 is returned.

All registrations are FINAL. No refunds will be given. We will guarantee 5k and Kids Dash shirt availability/sizing for all early bird registrants. If you register after that point, we will make every attempt to have shirts available in your size, but cannot guarantee it.

Walkers are welcome at this event, but are asked to start behind faster participants and will be required to stay on the right side of the race course. All participants in 5k must cross finish line within 60 minutes of starting race. STROLLERS and DOGS are strictly prohibited for safety reasons.

Email the race director at: drerin@ducatchiropractic.com

Getting to the April Fools 5k Run

The race start/finish line is located on Thorn Rd, behind Meijer, which is located at the corner of Schick Rd and Gary Ave in Bloomingdale. The race will proceed north to Lawrence Rd and then west into the Mallard Lake Forest Preserve in Hanover Park. Free parking is available in lot "J" of Stratford Square Mall in Bloomingdale. Lot "J" is located between in the NW corner of the mall, near McDonald's. You can easily walk to the start/finish line with crosswalks and the traffic light at Schick Rd and Gary Ave. No shuttles will be provided.

Our Official Charities



Trinity has provided a Christ-centered education to the Chicago suburbs for more than 113 years. Each of our faculty and staff members strives daily to educate every child to be an academically successful student, a socially responsible citizen, and a Christian witness to his or her fellow human beings.



Founded in 2006 by Phil Zielke, a 2 time cancer survivor, and his wife, Carrie, Phil's Friends provides and hope to those affected by cancer. Through their headquarters in Roselle, they send out handmade Cards of Hope and Care Packages constructed by volunteers as well as coordinate hospital visits to those affected by cancer.

SPONSORS OF THE APRIL FOOLS 5K RUN

DUCAT Chiropractic & Sports Medicine

224-653-8094 ducatchiropractic.com
Bloomingdale's Chiropractic & Sports Injury Clinic



If you would like more information on how to sponsor this event, go to www.aprilfools5k.com



Presenting Sponsor:

DUCAT
Chiropractic
& Sports Medicine

Saturday, April 7, 2018
Mallard Lake Forest Preserve
Near intersection of Gary Ave. & Schick Rd.
Bloomingdale, IL 60108

www.AprilFools5k.com