

PUCKER FACE RACE SPONSORS



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THE TIMES



KEYWORD DESIGN



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Midwest
**zest
Fest**

Sept. 10-12, 2010
Main Square Park
Highland, Indiana

www.midwestzestfest.com

Prefer to apply online? Go to
www.midwestzestfest.com

**Highland
Chamber
OF COMMERCE**



8536 Kennedy Avenue
Highland IN 46322

PUCKERFACE
5K
RACE 2.5k Walk



SATURDAY, SEPT. 11, 6PM
MAIN SQUARE PARK, HIGHLAND, INDIANA

www.midwestzestfest.com

Are you ready to suck it up and run? Or do you just want to walk it out. Sign up for Zest Fest's 4th Annual Pucker Face 5K Race / 2.5K Walk. It is a fun event for the whole family. The race begins at Main Square Park. Prizes will be awarded for the top three winners in each class. Stick around after the race for the Zest Fest Festivities!

THE COURSE

The Pucker Face course is flat with a mix of street and scenic trail. The race starts on the north side of Our Lady of Grace Church at Condit Avenue and Delaware heading east. Then turns left onto Parrish Ave. and continues north to the river trail at Homestead Park, turning right. It follows the river trail to Liable Road then goes south to Highway Avenue back to Main Square Park and finishes at the Beer Garden.



IMPORTANT DATES/TIMES

MONDAY, AUGUST 29, 2010

Last day for early registration

SATURDAY, SEPTEMBER 11, 2010

3:30-5:30pm *Race Day Registration*

Check-in and Packet Pick-up

Race Starts

6pm

7pm (approx.)

Post-Race refreshments and awards at the Gazebo

Gear Pick-up closes

DIVISIONS /AWARDS

Prizes will be awarded to the top three overall men and women finishers in each age group:

Male 0-14

Female 0-14

Male 15-19

Female 15-19

Male 20-29

Female 20-29

Male 30-39

Female 30-39

Male 40-49

Female 40-49

Male 50-59

Female 50-59

Male 60-69

Female 60-69

Male 70+

Female 70+

All participants will be entered to win raffles and prizes. Results will be displayed shortly after the race at the Gazebo in Main Square Park, as well as on our web site (www.midwestzestfest.com). Chip timing by T & H Timing. *Runners will be charged a \$10 fee for lost or damaged timing chips.* You can also get your results at www.thtiming.com.

REGISTRATION PACKET PICK UP AND CHECK-IN

You may pick up your **poly-dri premium running T-shirt** and registration packet from 3:30-5:30pm on Saturday/Race Day at the Race Table located in Main Square Park (Highway Avenue and 5th Street). Early registrants will be guaranteed a t-shirt for the race. Late registrants may be provided with a t-shirt at a later date.

GET A TEAM TOGETHER!

A team consists of any 5 or more people and can be a combination of runners and walkers. Come up with a zesty name and gather your friends. No extra fee for teams. Prizes will be awarded.

MIDWEST ZEST FEST

If family and friends would like to come cheer you on, festival admission is FREE. *And don't forget to stay for the Post-race awards at the Gazebo.*

SUCK IT UP AND RUN!

REGISTER! Pucker Face 5K Race

5K Run

Through August 29: **\$20**
After August 29: **\$25**

2.5K Walk

Through August 29: **\$15**
After August 29: **\$20**

Last Name _____

First Name _____

Age _____

Male Female

Are you entering as part of a team? Tell us your Team Name _____

T- SHIRT SIZE:

Small

Large

XX-L

Medium

X-L

Street Address _____

City, State, Zip _____

Phone _____

Email _____

Emergency Contact Name _____

Emergency Phone _____

Waiver and Release

I know that participating in a road race is a potentially hazardous activity and that I should not participate unless I am medically able and properly trained to do so. I appreciate and hereby assume the risks inherent in this event, including but not limited to injury or property damage caused by falls, contact with other participants or race officials, the effects of the weather, traffic and road course conditions. In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims and courses of action I have or may have against The Pucker Face 5K Race Event committee, the Highland Chamber of Commerce and its affiliates, their agents, employees, officers, directors, successors and assigns, the Town of Highland, the Highland Parks Department and any and all sponsors, their representatives and successors, that may arise as a result of my participation in the Pucker Face race event and any pre- and post- event activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including commercial advertising. I understand and agree to the waiver and release*

Signature _____

Date _____

**(If under 18, must have signature of parent or guardian)*

How did you hear about us? _____

MAIL OR BRING this form with **ENTRY FEE** to:

Highland Chamber of Commerce
8536 Kennedy Avenue, Highland, IN 46322

QUESTIONS? Call 219-923-3666 or

Email mary@highlandchamber.com