

ENTRY FORM

One form per person; this form may be photocopied.

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

HOME PHONE: _____

WORK PHONE: _____

EMAIL: _____

AGE ON 11/28/08: _____

MALE FEMALE

H-F CLUB MEMBER NON-MEMBER

T-SHIRT SIZE:

S M L XL XXL

ADVANCED REGISTRATION:

\$12/H-F Residents, \$17/Non-Residents

DAY OF RACE:

\$15/H-F Residents, \$20/Non-Residents

Amount enclosed: \$ _____

Make checks payable to:
H-F Racquet & Fitness Club

Mail form to:

ButterBall Burner

H-F Racquet & Fitness Club

2920 W. 183rd St., Homewood IL 60430

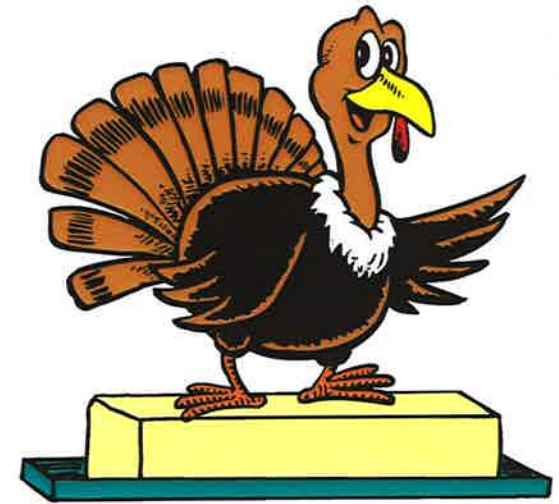
Phone-in credit-card registration is accepted
at 708-799-1323 until 11/26/08.

VISA MC DISCOVER AMERICAN EXPRESS

FOOD FOR THOUGHT

On average, from Thanksgiving through New Year's Day, a person will gain 5 to 10 pounds, according to the Calorie Control Council (CCC). Thanksgiving dinner alone can carry a load of nearly 3,000 calories. And most of us will nibble our way through more than another 1,500 calories downing dips and chips and drinks before and after the big meal. Combined, that's the equivalent of more than 2 1/2 times the average daily calorie intake and almost 3 1/2 times the fat. In fact, the average person will consume enough fat on Thanksgiving Day to equal three sticks of butter!

4-oz Roasted Turkey (no skin)	190
1-cup Cornbread Stuffing	363
1-cup Sweet Potato Casserole	276
1-cup Mashed Potatoes	238
1-cup Green Bean Casserole	143
1 Crescent Roll	100
1-cup Waldorf Salad	192
1/2-cup Cranberry Sauce	209
1/2-cup Gravy	178
1 slice Cheesecake	412
1 piece Pumpkin Pie	323
2 Tbsp. Whipped Cream	106



5TH ANNUAL BUTTERBALL BURNER 5K FUN RUN

FRIDAY, NOV. 28



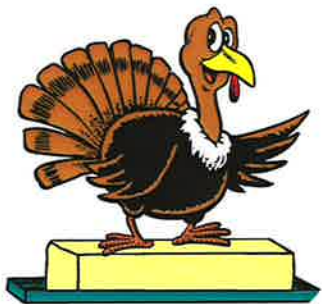
a facility of the homewood-flossmoor park district

2920 W. 183rd St., Homewood

708-799-1323 • hfracquetandfitness.com

BUTTERBALL BURNER 5K FUN RUN

— MAKE IT YOUR FAMILY'S TRADITION!



Burn off holiday calories in the H-F Racquet & Fitness Club's 5th Annual **ButterBall Burner Fun Run!** Walk or run our 5K course. Registrants by Nov. 20 are guaranteed a free **ButterBall Burner t-shirt!** After the run, join us back in the Club for refreshments. All participants will receive a coupon for **25% off merchandise** in the Club's Pro Shop.

Note: As this is a Fun Run and not a sanctioned race, this event will not offer prizes or running times.

EVENT:5K Fun Run
DATE:Friday, Nov. 28, 2008
CHECK-IN TIME: 8 a.m.
START TIME: 9 a.m.
OPEN TO:Club Members & Non-Members
AGE: All ages welcome
LOCATION:H-F Racquet & Fitness Club
CODE NUMBER:# 356515-01
RACE DIRECTOR:Karyn Schmidt
ADVANCE REGISTRATION: \$12/H-F Residents, \$17/Non-Residents
RACE-DAY REGISTRATION:\$15/H-F Residents, \$20/Non-Residents
T-SHIRT: Guaranteed if registered by Nov. 20
REFUNDS:Sorry, not available

EVENT WAIVER

I know that running and/or walking a road race is a potentially hazardous activity. I should not enter and run or walk unless I am properly trained. I agree that I am solely responsible for determining my ability to safely participate in this event. I assume all risks associated with running and walking in this event, including but not limited to: falls, contact with other participants, the effects of weather—including low temperatures and/or wind chill—traffic and conditions of the road. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of this entry, I hereby for myself, heirs, executors and administrators waive any and all claims I may have for damages against the H-F Racquet & Fitness Club, the Homewood-Flossmoor Park District, and all sponsors and individuals associated with the event, their representatives and successors, and assignees for any and all injuries suffered by me in connection with this event. Including pre- and post-race activities. I hereby grant permission to the Homewood-Flossmoor Park District and its authorized agents to use my name, photographs, video tapes and motion pictures in connection with this event, including recording my participation in this event for any purpose.

SIGNED:

(18 years & older, or Parent/Guardian)

DATE:

Volunteers needed! Minimum age 25. Get a free shirt, 1-month guest pass to the Club & 25% off coupon to the Club's Pro Shop! Sign up with Karyn Schmidt at 708-799-1323, ext. 16.