

SIGN UP TODAY!
[WWW.RUNROCKFORD.COM](http://www.runrockford.com)

You can choose to register and pay, fundraise your registration fee or fundraise for RAMP beyond your registration fee. Simply register online for the Half Marathon, 5K (kid-friendly) or 3K Walk/Wheel at www.runrockford.com and raise your fees, \$25 for the 5K & 3K and \$65 for the Half Marathon. There is a FREE Kid's Zone.

MAKING A DIFFERENCE

Whether you choose to run, walk or wheel, this event supports the efforts of RAMP to provide independent living services and advocacy for individuals with disabilities in Winnebago County. RAMP's mission is to build an inclusive community that encourages individuals with disabilities to reach their full potential. Learn more about RAMP by visiting www.rampcil.org.



SCHEDULE

- 6:30am - Registration Opens & Kid's Zone Opens
- 7:30am - Half Marathon Start
- 7:45am - 5K Start
- 8:35am - 3K Walk & Wheel Start

Awards to follow each event



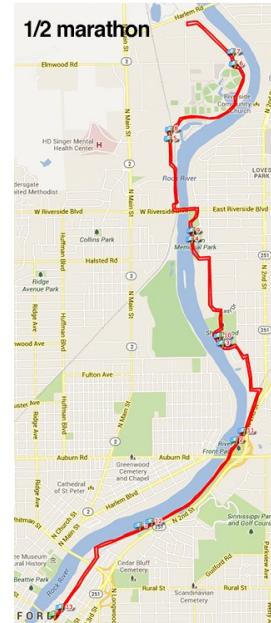
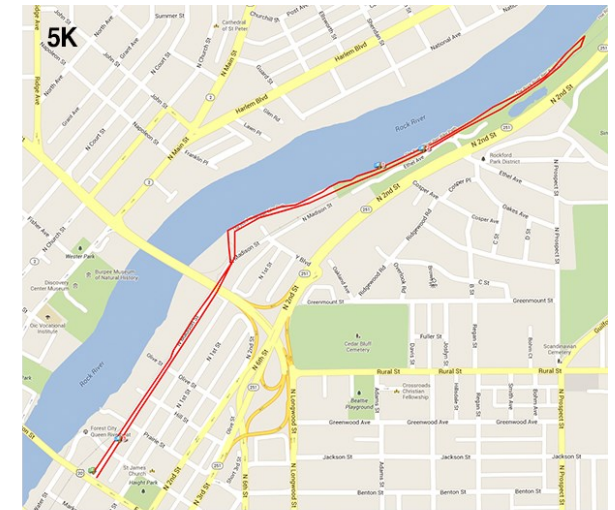
RIVER RUN DAY

- Arrive at the City Market Pavilion across from RAMP, 202 Market Street at least 30 minutes prior to your event. Turn donations in at that time (if you are fundraising).
- Free Kid's Zone opens at 6:30am
- Teams participating in the 3K Walk/Wheel-A-Thon may select a wheelchair to decorate.
- Refreshments are available upon returning from the route.
- Awards announced and distributed at designated times.
- Please park in lots adjacent to RAMP and the Trinity Lutheran Church lot.

COURSES



CERTIFIED COURSE
USATF CERTIFICATE IL 17063



5K starts on Water Street by RAMP then onto Madison St. and proceeds up the bike path to the half way point, near the Rock Men.

Half Marathon begins in the same place as the 5K and turns around just south of Harlem Rd by Sportscore.

PLEASE NOTE: In case of inclement weather, your entry fee is a donation to RAMP.

REASONABLE ACCOMMODATION REQUESTS: Please request reasonable accommodations by 8/15/20 to 779-774-1021 or jwhitehouse@rampcil.org.

REGISTRATION

Yes, I would like to participate in:

- Half Marathon (\$65 Fee/\$70 after 8/26/20)
- 5K (\$25 Fee/\$30 after 8/26/20)
- 5K or 3K (12 Year old & under) (\$10 Fee)
- 3K Walk/Wheel (\$25 Fee/\$30 after 8/26/20)
or raise \$50+ for additional prizes)
- Kid's Zone (No Fee)
- Volunteer
- I am unable to participate, but would like to make a contribution \$_____ on behalf of:

(Fundraiser name)_____

Checks should be made payable to: **RAMP**

Half Marathon and 5K only packet pick up is Friday, August 28th from 4:00-7:00 p.m. at Fleet Feet, 1653 N Alpine Road, Rockford. 3K Walk/Wheel participants should pick up packets at check in prior to race time on Saturday, August 29th. Fundraisers may also turn in donations at that time.

First & Last Name

Sex: Male Female Birthdate:_____

Mailing Address

City State Zip

Daytime Telephone

Email

T-Shirt Size:

Youth S M L XL

Adult S M L XL 2XL

T-shirts are guaranteed for anyone registering by August 10th.

Company Name (if applicable)

Team Name (if applicable) (Teams consist of 2-7 participants. Each participant must register individually).

My team fundraising goal is \$_____

My personal fundraising goal is \$_____

I have read and agree to the "ASSUMPTION OF RISK, WAIVER OF LIABILITY & INDEMNITY AGREEMENT" which can be found at www.runrockford.com above the schedule.

Signature or Parent/Guardian Signature if Participant is under 18

Please complete and send to:
RAMP 202 Market Street Rockford, IL 61107
or register online, www.runrockford.com

NON-PROFIT ORG.
US POSTAGE
PAID
ROCKFORD, IL
PERMIT NO. 812

202 MARKET STREET
ROCKFORD, IL 61107
815-368-7467 phone | JWHITEHOUSE@RAMP.IL.ORG email
WWW.RAMP.IL.ORG website | WWW.RUNROCKFORD.COM event

RAMP
no limits

River Run 

Make a Difference...

WWW.RUNROCKFORD.COM



River Run 

Saturday August 29, 2020

City Market Pavilion in downtown Rockford
124 N. Water Street Rockford, IL

WWW.RUNROCKFORD.COM



COURSE CERTIFICATE IL 17063

To Benefit

RAMP
no limits

