

7th Annual

Hecker "Tiki Trot"

2013

Hosted by St. Augustine's Catholic Church

Saturday - August 17, 2013

5k Competitive Run and 5k & 1/2 mile fun walk/run

The "Tiki Trot" is a "bucket list" event for all runners and walkers and is one of the most unique races in the country. Picture yourself running down a quiet country road lined on both sides with over 200 burning tiki torches!! Whether you are an elite athlete wanting to run toe to toe with the best around or you are just looking to walk at a casual pace, there is something for everybody. Bring the family and come early for a great chicken dinner. After the race, stick around and enjoy great company, quilt bingo, frosty beverages, live music, and great snacks!!

Time:	7:15 pm - Half Mile fun walk/run 8:00 pm - 5k competitive run and 5k walk/run	Registration:	5k Participants \$20.00 Postmarked on or before August 3, 2013 \$25.00 Postmarked after August 3, 2013 or on Race Day Half Mile Participants \$12.00 Postmarked on or before August 3, 2013 \$15.00 Postmarked after August 3, 2013 or on Race Day
Course:	Start at Hecker Community Center and head out of town East on Nike Road. Flat out and back oil and chip road course that will be closed to traffic	Awards: (5k Competitive Only)	Overall: Large Trophies to top three men and women finishers Age Groups: Custom Medals to top three men and women in each of the following age groups: 11 & Under, 12-14, 15-19, 20-24, 25-29 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-Over
Proceeds Benefit:	St. Augustine of Canterbury Catholic Church	All youth 10 and under receive finishers award	
Checks Payable To:	St. Augustine of Canterbury Catholic Church	1st Time 5k Finishers will receive special recognition and certificates	
Mail to:	Hecker Tiki Trot I/C/O Carey Day P.O. Box 93 Hecker, IL 62248	Shirts:	First 750 pre-registered by August 3 guaranteed to receive a custom, short-sleeved tee shirt. Some shirts may be available for late registration and race day sign up, but quantities and sizes are not guaranteed.
Questions	Susie Heck - (618) 978-1668 (cell) e-mail tikitrot@yahoo.com	No rain dates or refunds will be given in the event of conflict, illness, personal injury, weather, etc. Shirts and awards will not be mailed.	
Packet Pickup Race Day Only	5:00 pm - 7:45 pm - Hecker Community Center (EARLY ARRIVAL RECOMMENDED)		
Directions	Street Address: 230 East Washington, Hecker, IL 62248 Only 15-miles south of Belleville, take Route 159 South into Hecker and turn left on Washington Street. Parking at Community Center or overflow available across from St. Augustine's Catholic Church.		

Results will be posted at www.runningstartsports.com

Print Clearly

Name: _____ Phone (evenings) _____

Address: _____ Age (as of August 17, 2013) _____

City/State/Zip: _____ Birthday: _____

Circle Gender: Male Female E-Mail Address: _____

Circle T-Shirt Size: Youth: Small / Medium / Large Adult: Small / Medium / Large / X Large / XX Large

Circle Event: **Competitive 5k Run 5k Fun Run/Walk Half-Mile Fun Run/Walk

**NOTE: Times will only be recorded for Competitive 5k Run

This is my first 5k event: Yes No

Professionally Timed by Toolen's Running Start Results will be posted at www.runningstartsports.com

Waiver of Liability: In consideration of your accepting this entry, I understand, I the undersigned, intending to be legally bound, herby for myself, my heirs and administrators, waive and release any and all claims for damage, demands, actions against the Village of Hecker, the Hecker Community Center, and St. Augustine's of Canterbury Catholic Church, their affiliates, subsidiaries, officials, representatives, employees, successors and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the competition of this run. Further, I grant full permission for the free use of my name and/or any photographs, videotapes, motion picture recordings, or any other record of this event for legitimate purposes.

Participant Signature: _____ Date _____

(If participant is under 18, parent or legal guardian)