

Riverside Foundation

which was founded in 1976 and has provided a home and support services to over 500 adults, is a not-for-profit community-based organization that serves adults with intellectual and developmental disabilities through the provision of high-quality residential care and programs. Our residential facility at our main campus, our community homes, and our work and activity center, are devoted to making a difference in the lives of the individuals we serve - and to those that love them.

For more information on the Riverside Foundation, visit www.riversidefoundation.net

The 20th Annual Rotary Race for Charity 5K Run and 3K Walk

Saturday, September 9, 2017
Long Grove, Illinois

Rotary Club of Long Grove,
Kildeer, and Hawthorn Woods



Register or donate online
www.RotaryRace.org/RSF
\$35/walker \$40/runner



Rotary

Rotary Club of Long Grove, Kildeer, and
Hawthorn Woods
P.O. Box 111
Long Grove, IL 60047

Run For Riverside



Empowering Individuals to Live Rich and Fulfilling Lives



Learn more about Rotary at
www.rclg.org or
www.facebook.com/rclg95

*Join the
RUN FOR RIVERSIDE
fundraising team for a
5K Run or 3K Walk
and enjoy a pancake breakfast
with Chick-fil-A® biscuits!*

Race Rules

1. With the exception of service dogs, animals are not allowed on the course or assembly grounds. Owners will be requested to remove animals from the premises.
2. Runners with strollers will start in a separate wave, last out. Wheeled vehicles other than strollers and wheelchairs are not allowed on the course.
3. The registration form and waiver must be signed and submitted, either electronically online or using the official paper form.
4. The registration form and waiver for participants under 18 must be signed by a parent or legal guardian.
5. Online registration ends Thursday, September 7th at noon, but you're welcome to walk-in on Race Day.



- *Trophies or medals are awarded to the top five male and female runners in 12 age groups*
- *Walkers receive participation ribbons*

Registration includes breakfast, T-shirt, goodie bag, timing for runners, and a personal fundraising page.



Thanks to our Sponsors!

The Rotary Race for Charity benefits our partner charities and helps fund Rotary's many programs and projects. We are very grateful for the support of our sponsors, friends, and Rotarians who make this event a success.

Platinum



GLOBAL MACHINE PARTS
www.globalmachineparts.com

Gold



underwoodInnovations

Silver



DR. DAVID SCHNEIDER, DO, SC
SPORTS AND SPINE PHYSICIAN
LAKE COOK ORTHOPEDIC ASSOCIATES

Information

Location

Kildeer Countryside School
3100 Old McHenry Road, Long Grove

Course

USATF Certification Number IL-13124-JW, effective through 31 December 2023. We've laid out a beautiful up-and-back route that starts in downtown Long Grove and takes advantage of some of the area's picturesque terrain. It's been described as a "rolling" course with a great downhill finish. ChronoTrack Timing is provided by Lakeshore Athletic Services.

Schedule of Events

6:30-8:30	Check-in and walk-in registration
8:30	5K Race start, individual runners
8:35	5K Race start, groups
8:40	5K Race start, running strollers
8:45	3K Walk start
10:00 (est)	Awards ceremony
8:30-11:00	Breakfast - Free to participants. Guests may pay on site. Adults \$6.00 children under 5 \$3.00.

Parking

Participants may park in the Stemple or Archer public lots, or at the private lot for the Long Grove Community Church, as shown on the map at <http://tinyurl.com/jmzg7kt>. Follow the signs.