

Western Springs Recreation Center  
 1500 Walker  
 Western Springs, IL 60558

WESTERN SPRINGS TOWER TROT 41<sup>ST</sup> ANNUAL RUN

# WESTERN SPRINGS TOWER TROT 2018

[www.wsprings.com/towertrot](http://www.wsprings.com/towertrot)

START/FINISH LINE:  
 GRAND AVENUE CENTER, 4211 GRAND AVE.

**SATURDAY, MAY 26, 2018**



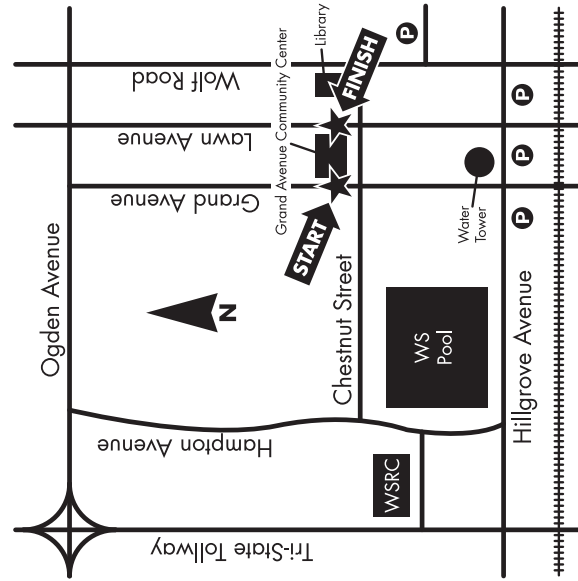
Village of Western Springs

Western Springs Recreation Dept



ELITE FITNESS

+ GYM



CARA CERTIFIED RACE

This race has applied for and received the Chicago Area Runners Association designation as a CARA CERTIFIED RACE. This race has agreed to adhere to and uphold CARA's Best Practices Guidelines. These Guidelines embody the highest standards for quality, safety and comfort for participants in a road race.

Due to CARA's advocacy efforts, runners in the Chicagoland area enjoy some of the highest quality road races in the country. To view the Guidelines and to learn more about CARA, visit [www.cararuns.org](http://www.cararuns.org).

The Chicago Area Runners Association (CARA) is a non-profit organization devoted to expanding, motivating, supporting and celebrating the running community of Chicagoland. CARA connects runners to resources that enable them to run – further, faster, better, for life.



The Healing Hearts for Ashley Foundation was founded in honor and memory of Ashley Jurjovec and is committed to raising awareness for ARVC and to support research for The Cardiovascular Genetics Group at Lurie Children's Hospital of Chicago. The foundation is committed to supporting, believing and living for a cure.

**SEX:**  M  F  
**AGE:** \_\_\_\_\_ **D.O.B.** \_\_\_\_/\_\_\_\_/\_\_\_\_  
**I AM COMPETING AS A:**  
 Runner  Walker (5K only)  
**DISTANCE:**  
 5K  10K  "Double"  Fun Run  
 I wish to make a separate tax-deductible donation to Healing Hearts for Ashley.  
**RACE FEE** \$ \_\_\_\_\_  
**DONATION** to Healing Hearts for Ashley \$ \_\_\_\_\_  
**TOTAL** \$ \_\_\_\_\_

**NAME:** \_\_\_\_\_  
**ADDRESS:** \_\_\_\_\_  
**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_  
**HOME PHONE:** \_\_\_\_\_ **WORK PHONE:** \_\_\_\_\_  
**EMAIL:** \_\_\_\_\_  
**CARA MEMBER NUMBER:** \_\_\_\_\_  
**SIGNATURE APPLICANT:** \_\_\_\_\_ **DATE:** \_\_\_\_\_  
**SIGNATURE PARENT/GUARDIAN** (if under 18): \_\_\_\_\_ **DATE:** \_\_\_\_\_

In consideration of my entry being accepted in the Western Springs Tower Trot sponsored by the Western Springs Recreation Department, I, intending to be legally bound, do hereby for myself, heirs, executors, and assigns, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter occur to me against the Western Springs Recreation Department, the Village of Western Springs, Chicago Area Runners Association or any subsidiary or political division thereof, all other cooperating agencies in this race, its or their respective officers, agents, representatives, successors, assigns, and sponsors for any and all damages which may be sustained and suffered by me in connection with my association with or entry to participate in the Western Springs Tower Trot.

## RACE AGENDA

**DATE:** Saturday, May 26, 2018  
**TIME:** 10K (6.2 mile) race at 8:30am  
 Fun Run at 8:45am (less than 1 mile)  
 5K (3.1 mile) race at 9:30am  
**START/ FINISH:** Grand Avenue Community Center  
 4211 Grand Ave.  
 Western Springs, IL 60558

## REGISTRATION INFORMATION

**PREREGISTRATION:**  
 By mail or in person at the Western Springs Recreation Center (1500 Walker, Western Springs 60558) until 4:00pm on Friday, May 25, 2018 or register online at [www.itsyourrace.com](http://www.itsyourrace.com).

**RACE PACKETS:**  
 The Recreation Center will be open:  
 12:00pm to 4:00pm on Wednesday, May 23  
 9:00am to 8:00pm on Thursday, May 24  
 9:00am to 4:00pm on Friday, May 25

Numbers, t-shirts, information, etc. can be picked up at the Recreation Center during the hours above.

**RACE DAY:**  
 Register in person at the **Grand Avenue Center** (4211 Grand Ave.). Gym opens at 7:00am.

**10K & Fun Run registration:** 7:00am to 8:00am.  
**5K registration:** 7:00am to 9:00am.  
*Late arrivals on race day will not be eligible for awards.*

## RACE DAY/RACE PACKETS

On race day, preregistered runners must pick up race packets at **Grand Avenue Center**, 4211 Grand Ave. Doors open at 7:00am.

For information, call Tower Trot at 708-246-9070.

## ENTRY FEE

**PREREGISTRATION:**  
**Non-residents:** ..... \$35  
**Residents:** ..... \$30  
**14 and under:** ..... \$20  
**The Double (10K & 5K Races):** ..... \$38  
**Fun Run:** ..... \$12\*  
**CARA Member Discount:** ..... \$3/\$4/\$5

**RACE DAY:**  
**Non-residents:** ..... \$40  
**Residents:** ..... \$33  
**14 & under:** ..... \$25  
**The Double (10K & 5K Races):** ..... \$43  
**Fun Run:** ..... \$15  
**CARA Member Discount:** ..... \$3/\$4/\$5

*CASH OR CHECK ONLY*  
*Make checks payable to "WS Recreation"*  
*\* Not available online*

## GENERAL INFORMATION

**Course:** This is a USATF certified relatively flat course on village streets. All turns marked with arrows. Water is available on race course and at finish line. Restrooms at Grand Avenue Center. Portable toilets at start line. All runners start on Grand Ave.

**A CARA Certified Race:** As a CARA Certified Race no bikes or skates are allowed. Dogs & strollers must begin from the back of pack of participants.

**Race Day Parking:** Use railroad commuter spaces on Hillgrove Avenue.



**The Healing Hearts for Ashley Foundation** receives 100% of the proceeds from our sponsors, individual donations, and raffle. The foundation supports research for The Cardiovascular Genetics Group at Lurie Children's as they work to identify families with inherited risk of sudden death and improve clinical and genetic assessment for those families. <http://www.healingheartsforashley.org>  
*(No portion of the race entry fee is directed to the charity)*

## CATEGORIES

**Age:** Male & Female - 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over.

**Tower Trot Double:** Medallions to the top runners finishing both races. Cross country scoring is used. Participants are eligible for age category awards.

**Walkers:** The first 3 finishers (male & female) in the 5K race will receive medallions. All finishers will receive ribbons.

**Fun Run\*:** An event for children 9 and under running just less than 1 mile. No official scoring but t-shirt and race number provided. All participants will receive ribbons.

## AWARDS & TABULATIONS

**Results:** Chrono Track will be used, providing faster and more accurate results for all entrants. Disposable chips will be used. *RESULTS WILL BE TABULATED USING CHIP TIME.*

**COURSE RECORDS:**  
**6.2 mile:** Men 30:36 - Women 35:29  
**3.1 Mile:** Men 14:39 - Women 16:59

**Awards:** Olympic style bronze medallions, 3 per age group, all categories, both races.

**Miscellaneous:** Complete race results will be available at [www.itsyourrace.com](http://www.itsyourrace.com) and [www.cararuns.org](http://www.cararuns.org).

## SPECIAL FEATURES

Raffle for gift certificates during awards ceremony using race number pull tab. *(Winners must be present.)*

Healing Hearts for Ashley Foundation raffle tickets available race week and race day. Winners selected during awards ceremony. *(Winners Do Not need to be present.)*

Water, Gatorade, yogurt, pizza, sweets, fruit and bagels.

Healing Hearts for Ashley Foundation Raffle

Gear check available 7am - 11am. *(Not responsible for valuables.)*