

Groovin' in the Grove

MIDWESTERN UNIVERSITY 555 31ST ST., Downers Grove, IL 60515



30th Annual

10K/5K Run and Fun Walk Warrior Fitness Challenge

Little Groovers 1K, 1/2K & 100 yd Dash

Saturday, May 11, 2019

Warrior Fitness Challenge Military Fitness Testing- Pushups, Situps and 5K

- Online Registration at: <https://raceroster.com/events/2019/20583/groovin-in-the-grove-5k>
- Performance Dri Fit T-Shirts for Pre-Registered by April 18th
- Pre-Register 2/3/19 – 3/17/19: 10K \$42 /5K Race \$32 / Warrior & 5K \$42 / Little Groovers \$15
- Pre-Register 3/18/19-4/18/19: 10K \$47 /5K Race \$37 / Warrior & 5K \$47 / Little Groovers \$17
- After 4/18 (no shirt guarantee): 10K \$47 /5K Race \$37 /Warrior & 5K \$47 /Little Groovers \$17
- Race Day: 10K Race \$50 / 5K Race \$40 / Little Groovers \$20
- Proceeds are donated to Sharing Connections in Downers Grove www.sharingconnections.org
- Warrior Fitness Challenge benefits Operation Support Our Troops
- Age group Awards, Prize for Top Mom and Top 3 Male/Female

PACKET PICK-UP:



Pre-Race:

Wednesday, May 08 & Thursday, May 09 from 4pm-8pm
Dick Pond Athletics, 2775 Maple Avenue, Lisle, IL 60532

Race Day: 5K Race: 7:30-9:45am • 1K, 1/2K & 100 Yd Dash: 7:30-9:15am

START TIMES:

9:00am Children's 1K
9:10am Children's 1/2 K
9:20am Children's 100 Yd Dash
9:45am 10K & 5K Race

- Lots of Raffles • USATF Certified Course • Moon Jump • Flowers for all Moms • Clown • Medals for all Kids
- Post Race Refreshments • Pre & Post Race Massage • Gear Check • Supervised Kids Activities
- DJ playing music • Pre-Race Coffee • Indoor Restrooms • Indoor area to warm up

Questions??? Call: **630.971.6401** or Email: devans@midwestern.edu