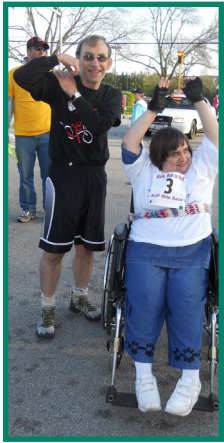


 **Walk** 1/2
Run Mile
or Roll Race



2012 Walk, Run or Roll 1/2 Mile Race For Individuals with Special Needs

**Sunday, May 6th, 2012 at 7:30 AM
Palos Heights City Hall (Rte. 83 & 76th Ave.)**

- For individuals with special needs, age 8 and older. Athletes must be able to walk, run or “roll” the 1/2 mile distance in no more than 45 minutes. Participants may use assisted mobility devices such as a walker, cane, or manual/motorized wheelchair. Buddies are welcome to assist athletes if needed!
- This race will begin at 7:30 AM (participants must be checked in by 7:00 AM) with a shot gun start immediately following the start of the Southwest Half Marathon.
- Bring home a bronze, silver or gold medal in one of the following five categories: Overall Race, Ambulatory, Assisted Devices, Non-Motorized Wheelchair, or Motorized Wheelchair.



Registration Deadlines and Fees:

January 1st: \$7 (Guaranteed Water Bottle, T-shirt and Medal)

March 1st: \$10 (Guaranteed T-shirt and Medal)

April 1st: \$15 (Guaranteed T-shirt and Medal)

May 1st: \$17 (No Guarantee of T-shirt or Medal)

Buddies are “free” and may purchase a t-shirt for \$5.00

Please make checks out to SWSRA. Registration forms can be downloaded from www.swsra.com, or picked up at the SWSRA office (12521 S. Kostner Ave., Alsip, IL 60803).

Completed forms can be faxed or mailed back to Lori Chesna.

Fax: 708.389.6458

Mail to: SWSRA, 12521 S. Kostner Ave., Alsip, IL 60803

If you are interested or have any questions, please contact Lori Chesna at 708-389-9423.