



Runners, mark your calendars!
The Fifth Annual Run Forest Run is quickly approaching!

2011 | Run Forest Run

Saturday Oct., 22 at 9:30 a.m.

Sign up today for the Fifth Annual Run Forest Run Invitational, a unique trail race organized for runners, by runners. The 2011 Run Forest Run will take place Saturday, October 22, 2010, at 9:30 am, hosted by the Homewood Izaak Walton Nature Preserve, located in Homewood on Ridge Road just west of Halted Ave.

This is your exclusive opportunity to run the 2011 Run Forest Run, an invitational event with room for only 50 runners. You and the other invitees have been included because of your support and participation in other local running events, ensuring a fast, scenic run, with other dedicated runners.

This nature preserve has many unique trails and beautiful views for runners who will navigate a rugged yet serene 4-mile course through the trees, lakes, rivers and wildlife present at Isaac Walton. A clearly marked course and marshals will allow runners to focus and enjoy the morning air.

This race features no corporate sponsorship, no dj, no cheering sections and no pretension. Just runners and the undeniable joy of trail running. The cool air of October will provide an opportunity to enjoy the outdoors in comfort, as runners pace themselves through the forest.

Again this year, we will feature a unique art show, presented in Izaak Walton's newly remodeled cabin, featuring nature-themed fine art from local artists and photographers. Participants will be able to browse and purchase the pieces after the run.

Space in this professionally timed race is extremely limited, so please sign up today. Registration is \$21, and runners will receive a one-of-a-kind t-shirt, light refreshments before and after the race, a bib and race time, and the satisfaction of participating in a true runners race. Due to the limited field, no walkers, dogs, strollers or other wheeled vehicles are allowed. Runners must be 10 or older to participate.

Run Forest Run

Saturday, October 22 at 9:30 a.m.

Izaak Walton Nature Preserve

1100 Ridge Rd, Homewood, IL 60430

Sign up today by clicking the following <http://tinyurl.com/RFR2011> and filling out the registration form.

Questions? Email Nick Quirke at nick.quirke@gmail.com.