

5K Swedish Stomp & Skamparoo

24th Annual Bishop Hill
Saturday April 27, 2019



Time: 5k Run/Walk, 9AM. Skamparoo (ages 6 & under) starts after 5k race

Race Day Registration: 7am – 8:30 am

Location: Colony School, Bishop Hill - 6 ½ mi. NW of Galva. Rte. 34 to Bishop Hill turn-off. I-74 to Woodhull Exit then 10 mi east.

Course: 5k Course runs through historic Bishop Hill and the surrounding country side.

Divisions: Men & Women 7-10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65&up.

Awards: Unique hand carved wooden boot for overall male & female winners. Medals for top 3 in each division. Overall winners are not eligible for age-group award.

Post-race Refreshments: Swedish specialties, home baked muffins and sweets, hardtack, cheese, pickled herring and fresh fruit.

Proceeds to benefit the Bishop Hill Old Settlers' Association in their continued restoration and maintenance of 1861 Bishop Hill Colony School and grounds.

Non-refundable Entry Fees:

Pre-registration: on or before April 20 – Adults, \$18 with T Shirt. 7years – high school, \$8.

Late registration: after April 20: Adults, \$20. 7 years – high school, \$10. Shirts subject to availability.

Race Day Registration: - Adults, \$20. 7 years – high school, \$10. Shirts subject to availability.

Skamparoos: 6 & under free – no shirt. **Skamparoos** 6 & under with shirt – \$8.

Sponsors: Advanced ReHab, Andrews Implement, B&B Printing, Barash & Everett, Bell Trucking, BH Arts Council, BH Bakery & Eatery, Breedloves, Colony Inn, Community State Bank; Compton Acct, Country Financial, CSB Insurance; Filling Station; Cottage Hosp; Galva Chiropractic, Galva Supermarket, Galva Pharmacy, Gustafson Ford, Hantverk Galleri, Kaiser Real Estate & Land Co, Kewanee Hospital, Massie LLC, Nelson Construction, Nelson Farm Service, PL Johnsons, Prairie Arts, Ron's Cuts, Rux Funeral Home, SBT Galva Bank, Sutton & Assoc, Sweet Annie Primitives, Tarleton's Auto Svc, The BH Gallery & Inn

Disqualifications: No animals are allowed on the course. Crossing the finish line more than once. Only BHOSA members are allowed in the time results room. Anyone violating one or more of the above will be disqualified from the race.

Register online today at – **GetMeRegistered.com** – Search for Swedish Stomp

Questions? Call 309-540-0541



Mail in registration option:

Return this portion with entry fee to **The Bishop Hill Old Settlers' Association Stomp, PO Box 68, Bishop Hill, IL 61419**

Please make checks payable to the Bishop Hill Old Settlers' Association.

Circle One: Adult 5k (\$18)
\$20 after April 20th

7-HighSchool 5k (\$8)
\$10 after April 20th

6 & Under Skamparoo
no shirt / no fee

6 & Under Skamparoo
with shirt \$8 / \$10 after April 20th

Name _____

Address _____ email _____

City _____ State _____ Zip Code _____

Phone # _____ Age _____ Male _____ Female _____

T Shirt size - Please circle one. Adult: S M L XL XXL **Youth:** S (6-8) M (8-10)

WAIVER: In consideration of my entry, I intend to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims of damages I may have as a result of my participation in this event. I release the Bishop Hill Old Settlers' Assn, all sponsors, Henry County and the Village of Bishop Hill. I am aware of the problems that could be encountered such as street traffic, heat, humidity, crowds & animals. I understand if the Stomp is cancelled because of weather, there will be no refunds. I am aware of the reasons for disqualification.

Signature: _____ **Date:** _____

Parent or guardian, if under the age of 18