

CFFR RACES & REGISTRATION FORM  
FOR PRE-K, KINDERGARTEN, & ELEMENTARY SCHOOL-AGE PARTICIPANTS

The Community Fun & Fitness Relays (CFFR) offers the events below for pre-k, kindergarten, and elementary school-age participants:

- **Little Tykes 30-Meter Dash** — For girls and boys age 3 or 4 on Race Day
- **Big Tykes 60-Meter Dash** — For girls and boys age 5 or 6 on Race Day
- **Little Dawgs 80-Meter Dash** — For girls and boys age 7 or 8 on Race Day
- **Big Dawgs 100-Meter Dash** — For girls and boys age 9 or 10 on Race Day
- **Elementary 4X100-Meter Relay** — For co-ed teams of boys and girls, ages 7 to 10 on Race Day



## 3rd Annual Community Fun & Fitness Relays (CFFR)

SUNDAY, SEPTEMBER 22ND, 2019; 2:00 P.M.

LEW HARTZOG TRACK & FIELD COMPLEX, SIUC  
405 SALUKI DRIVE ~ CARBONDALE, IL ~ 62901

### REGISTRATION FORM - KIDS

- Support Carbondale's I Can Read Program & the Obo-Kwahu Community in Ghana, West Africa!
- Participation ribbons for ALL kids' dash participants; medals for top 3 finishers in sprint dashes age 5+
- Available Races & Fees:

Early Bird (by 9/6/19) - 30M, 60M, 80M, 100M Kids' Dashes: \$5.00

- 4X100-Meter Relay: \$5/person

After 9/6/19 & on Race Day - 30M, 60M, 80M, 100M Kids' Dashes: \$8.00

- 4X100-Meter Relay: \$7.50/person

- Free official event T-Shirts for Early Bird registrants!
- Visit [cfrsoill.org](http://cfrsoill.org) for Race Day schedule & other event info.

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**Please select an event from the options below (see Event Categories & Parameters below):**

30-Meter Dash       60-Meter Dash       80-Meter Dash       100-Meter Dash

Elementary School 4X100-Meter Relay

**ATHLETE/TEAM MEMBERS' INFORMATION (If registering for Dash, complete info for Member 1 ONLY):**

**Member 1:**

Name: \_\_\_\_\_ Age on 9/22/19: \_\_\_\_\_ Gender: M F Other

Address: \_\_\_\_\_

Phone #: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

T-Shirt Size: \_\_\_ Youth \_\_\_ Adult      Size: \_\_\_\_\_

**Member 2:**

Name: \_\_\_\_\_ Age on 9/22/19: \_\_\_\_\_ Gender: M F Other

Address: \_\_\_\_\_

Phone #: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

T-Shirt Size: \_\_\_ Youth \_\_\_ Adult Size: \_\_\_\_\_

**Member 3:**

Name: \_\_\_\_\_ Age on 9/22/19: \_\_\_\_\_ Gender: M F Other

Address: \_\_\_\_\_

Phone #: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

T-Shirt Size: \_\_\_ Youth \_\_\_ Adult Size: \_\_\_\_\_

**Member 4:**

Name: \_\_\_\_\_ Age on 9/22/19: \_\_\_\_\_ Gender: M F Other

Address: \_\_\_\_\_

Phone #: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

T-Shirt Size: \_\_\_ Youth \_\_\_ Adult Size: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_ (For Relays **ONLY**)

**TOTAL FEES DUE** (Please make checks payable to “**Carbondale Park District - CFFR**”):

Registration: \$ \_\_\_\_\_ .00. Registration Form & fees may be submitted by mail or in person to: **Community Fun & Fitness Relays (CFFR); c/o LIFE Community Center; 2500 W. Sunset Dr.; Carbondale, IL; 62901.**

**EVENT CATEGORIES & PARAMETERS:**

Little Tykes **30-Meter** Dash — For girls and boys ages **3-4** on 9/22/19.

Big Tykes **60-Meter** Dash — For girls and boys ages **5-6** on 9/22/19.

Little Dawgs **80-Meter** Dash — For girls and boys ages **7-8** on 9/22/19.

Big Dawgs **100-Meter** Dash — For girls and boys ages **9-10** on 9/22/19.

Elementary School **4X100-Meter** Relay — For co-ed teams elementary school-age kids.