



June 2008

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VMT 8K in '08

The family-focused Veterans Memorial Tollway 8K Run/Walk/Roll and Kids Super Sprint celebrate veterans on Flag Day Weekend. Join us on Sunday, June 15, as we run, walk and roll over the Des Plaines River Valley Bridge on the Veterans Memorial Tollway (I-355). The course offers a unique opportunity for you and your family to support Illinois Veterans and their families.

Registration Information

Whether you are planning to run, walk or roll the 8K, or the kids are participating in the Super Sprint your last chance to register at a discount is quickly approaching. Register at [SALUTE, Inc.](#) or call 847-359-8811 for more information.

- **Register Online:** Visit [SALUTE, Inc.](#) by June 13 before 5:00 p.m.
- **Race Day Registration:** Sunday, June 15 from 6:30 a.m. to 7:45 a.m.

Registration Costs

8K Run/Walk/Roll	\$25 for Pre-Race Day Registration \$30 for Race Day Registration
Kids Super Sprint (10 and under)	\$15 for Pre-Race Day Registration \$20 for Race Day Registration

Event Day Information

While this is a family-friendly event, serious runners should know that the 8K course is USATF and CARA certified, and runners will be chip-timed. All proceeds from the event will benefit SALUTE, Inc., a locally based non-profit organization dedicated to increasing awareness and support of issues facing military personnel, veterans and their families.

Awards will be presented to the overall male and female winners, as well as the first, second and third place finishers in each age group.

Schedule of Events

6:00 a.m.	Free shuttle service begins.
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6:30 a.m. - 7:45 a.m.	Event day 8K and Kids Super Sprint registration.
7:15 a.m.	Fun for the entire family kicks off with a brief ceremony featuring the Abraham Lincoln National Cemetery Honor Squad honoring all Illinois veterans and fallen heroes. The ceremony and start of the race will be hosted by NBC5.
8:00 a.m.	VMT 8K Run/Walk/Roll begins. <i>Late starts will not be allowed after 8:15 a.m.</i>
8:20 a.m.	Kids' Super Sprint begins (<i>10 and under</i>).
8:00 a.m. - 11:00 a.m.	Tollway 8K Pancake Breakfast at the local River Valley School (east of Lemont Road on 127th Street) begins, hosted by the Boy Scouts of America Troop 149 and the Lemont Area Chamber of Commerce.
12:00 p.m.	Shuttle service ends.

Don't want to run, walk or roll - but want to support Veterans?

SALUTE, Inc., has volunteer and sponsorship opportunities available. Visit [SALUTE, Inc.](#), or call 847-359-8811 for more information.

Email vmtvolunteer@saluteinc.org for volunteering opportunities.

Email sponsors@saluteinc.org for sponsorship opportunities.

Calling All Veterans!

There will be a "Supermarket of Veterans Benefits" hosted by the Illinois Department of Veterans' Affairs. Several Veterans' outreach agencies, including the Illinois Department of Health and Family Services and the Illinois Department of Employment Security, will be on-hand to assist you with any veterans' benefit questions.

Race Day Tips

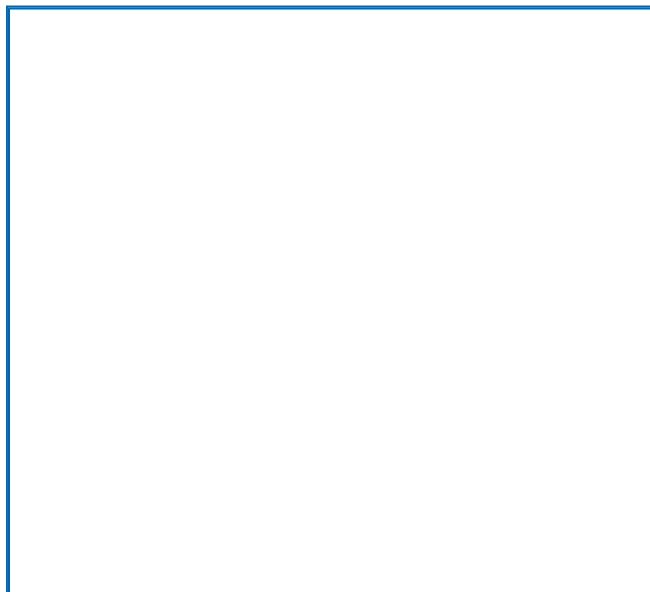
Free Shuttles - Park in one of our accessible remote parking lots. Free shuttle service will deliver you to the start area.

Arrive Early - The last shuttles depart the remote parking lots at 7:45 a.m. (15 minutes before the start of the race). Late starters will not be allowed on the course after 8:15 a.m.

Shuttle Schedule - Free shuttles run every 10 minutes from 6:00 a.m. to 7:45 a.m. Service will be suspended 15 minutes prior to the race and resume from 8:30 a.m. until noon.

Prohibited on the Race Course - Skates, rollerblades, scooters, bikes, skateboards and pets.

VMT 8K Remote Parking Lot Locations



Bike to the Event - Local residents are invited to bike to the starting line at I-355 and 127th Street. A secured bike check area will be provided by the Lemont High School Band.

Refuel with Pancakes - Use the free shuttles and refuel with pancakes. The shuttles will bring runners from the 8K Run/Walk/Roll to the pancake breakfast and return them to the remote parking lots until noon.

Notes:

- The Veterans Memorial Tollway (I-355) will reopen to traffic following the completion of the race, after the roadway is safely cleared of participants.
- **Designated Handicapped Parking** - Old Quarry Middle School, 16100 W. 127th Street (P5).
- **Severe Weather Policy** - In the event of severe weather, if lightning/thunder is present or other conditions deemed dangerous by race personnel, the race may not proceed. SALUTE, Inc. will notify registered participants and the general public in advance via email, on the web site, and by media of an event cancellation. Refunds cannot be issued for races or special events.



- P1** Lemont Metra Parking, 101 Main St.
- P2** River Valley School, 15425 E. 127th St.
- P3** Bambrick Park, 1330 Smith Rd.
- P4** Lemont Park District, 16028 W. 127th St.
- P5** Old Quarry Middle School, 16100 W. 127th St.
- P6** CITGO, 135th and New Ave.

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