

Run/Walk Event Waiver & Release

IMPORTANT INFORMATION

The Lemont Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this activity must recognize that there is an inherent risk of injury when choosing to participate in running/walking events.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for road race participation. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity. You are also solely responsible for selecting and wearing personal protective equipment.

Please recognize that roadways are maintained and intended for motor vehicle use and not pedestrian use. Therefore, surface irregularities and other hazards that do not pose safety risks to motor vehicles, may pose risks to joggers and walkers. Prior to the event, all participants should familiarize themselves with the event route, paying close attention to surface irregularities and other potential dangers. Participants should also familiarize themselves with traffic patterns, check points, and all first aid and water stations. Most important, remember that this is a voluntary recreational activity. Never compromise your safety in the name of competition.

WARNING OF RISK

Running and power walking are intended to challenge and engage the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including death. Understandably, not all hazards and dangers can be foreseen. The very nature of road racing is hazardous and risky, including but not limited to overexertion, dehydration, slip and falls, collisions with other participants, the effects of weather, dangerous conditions of the road, being struck by a vehicle or bicycle, lack of good physical conditioning, poor training technique, and all other circumstances inherent in running/walking events. In this regard, it must be recognized that it is impossible for the Park District to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this event, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this event.

I recognize and acknowledge that there are certain risks of physical injury to participants in this event, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child/ward or I may sustain as a result of participating in any and all activities connected with or associated with this activity. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this activity against the Lemont Park District and Village of Lemont, including their respective officials, agents, volunteers and employees (hereinafter collectively referred as "Parties").

I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this event. I further agree that this agreement shall be governed by the State of Illinois.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

Print Participant's Name: _____ Date: _____

Participant's Signature: _____

Parent/Guardian's Signature if under 18: _____



Race through the scenic--and hilly--streets of Lemont on

Saturday, July 4th

The Freedom Run features a **5K** (3.1 mile), **10K** (6.2 mile)
and a kids **"Dash in the Park."**

Registration begins **May 19th** for Lemont residents
and **May 27th** for non-residents.

Location: Lemont Park District's Centennial Community Center Parking Lot. *(Both the start line and finish line)*

Race Course: Enjoy a run in the 5K, 10K or the Kids "Dash in the Park." The 5K and 10K will race through the scenic (and hilly!) streets of Lemont. Water stations will be strategically placed throughout the race and splits will be called every mile. Timing by Sports Management Associates, Inc. featuring ChampionChip timing.

Registration: Registration forms are available at the Lemont Park District. Registration forms can also be obtained at www.lemontparks.org.

Entry Fee: \$17 per person if registered by June 27, 2009.
\$22 per person on the day of the race.

Times: Day of Registration--6:00 am - 8:00 am.
Check-In/Chip Pick-Up--6:00 am - 8:00 am

Race Start Times: 10K starts at 8:00 am: 5K starts at 8:05 am

After the Race: Awards ceremony immediately following the race. Plus, there'll be post-race refreshments and more!

Awards:

Tee-shirts: All participants who register before June 27, 2008 will receive a Freedom Run tee-shirt.

Awards: Top three runners in each age category and gender group.

Raffle Prizes: All participants are eligible to win!

Winners must be present.

Thanks to the 2009 Freedom Run Partners!



Registration Form:

Last Name:

First Name:

Address:

City:

State:

Zip Code:

Phone No. w/Area Code:

Email Address:

Age as of 7-4-08: **Sex:** M or F **Tee-shirt Size:** XL L M S

Race: 5K Run or 5K Walk (#101898A) 10K (#101898B)

Age Category: *(Please Circle)*

0-9 10-14 15-19
20-29 30-39 40-49
50-59 60-69 70 and over

Waiver on the reverse side MUST be signed in order to participate!

