

Zion Benton Mama's 5k Run/Walk 4th Annual Event!

Date: Saturday, May 8, 2010

Check-In Time:

7:45am – 8:45am Race Day
Registration closes 15 min. prior to race

Start Time: 9am- Awards by 10:30am

Entry Fee: Registration \$25

- Early registration – \$20 before April 16th
Student Rate: \$20
- Early registration - \$15 before April 16th

TEC T-Shirt & Goodie Bags:

Guaranteed to the first 200 entrants who pre-register

Age/Award Divisions:

5-9	25-29	50-54
10-14	30-34	55-59
15-19	35-39	60-64
20-24	40-44	65 and over
	45-49	

Awards:

Special trophies to overall male and female winners. Medals to first male and female finishers in each age group; no duplications.

Also unique awards and raffle prizes!

Location:

Start and finish will be Zion Park District Sports Arena, 2400 Dowie Memorial Drive, Zion, IL 60099. There is plenty of free parking and restrooms at run site. (New facility and location this year!)

Timing:

Professional electronic timing equipment will be used.

Course:

The 5k will be on paved city streets. This course is flat and fast!

Refreshments and First Aid Station

will be available provided!

Course Records:

5k Record...this is a new course...come compete to set the record!!!

Additional Information:

This event's proceeds go to support:



Coalition for Healthy Communities



and

at Zion Benton Township High School

Proceeds from this event benefit the prevention of adolescent substance abuse!

Form also available: www.zbisme.com; www.zbchc.com

To register online, go to <http://zbths.revtrak.net/tek9.asp> and click on "Mama's Run" (top, left)

Entry Form

Mama's 5k Run/Walk

Name _____ Email _____

Street Address _____ City _____ State _____

Zip Code _____ Phone Number _____

Age Day of Race _____ Shirt size: Adult ____ Youth ____

– Check One: S M L XL

Applicant Signature _____

The undersigned parent or guardian hereby consents to the applicants participation and waives and releases all rights and claims for damages as more fully set forth in this entry form.

Parent/Guardian Signature _____

Date _____

**Return form to Deborah Will, IMC Coordinator, Zion-Benton Township H.S.,
3901 W. 21st Street, Zion, IL 60099 [phone: 847-731-9475; fax: 847-731-4442]**

5K Walk/Run Event Waiver and Release IMPORTANT INFORMATION

The Zion 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 Zion 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 is 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 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 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 on 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 Zion 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 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 the 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 Zion Park District, including its representatives, officials, agents, volunteers and employees, including the Zion Running Club, ZBTHS, CHC, CREW, City of Zion, and all other cooperating agencies in this race, its or their successors, assigns and sponsors for any and all damages which may be sustained and, or suffered by me in connections with my association with or entry or participation in The Mama's 5k Run/Walk (hereafter referred to 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 or I may have which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this activity. 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 online or via fax, my online or facsimile signature shall substitute for and have the same legal effect as an original form signature.