

# MAMA'S 5K RUN

SATURDAY, MAY 11, 2019 • 5K @ 8 AM

Sponsored by the Coalition for Healthy Communities Wellness Task Force, in conjunction with the Zion Park District.

## REGISTER

- Online at [www.ZionParkDistrict.com](http://www.ZionParkDistrict.com) by 5/1.
- Mail a form for each runner with payment.
- Onsite on 5/11 from 6:45-7:45 AM.\*

## LOCATION

- Zion Park District Sports Arena  
2400 Dowie Memorial Drive, Zion, IL
- The site has plenty of free parking and restrooms.
- There will be refreshments.

## ENTRY FEE

	By 5/1	After 5/1
Adult	\$25	\$30
Student	\$20	\$25

Student rate is for ages 18 and younger.

## TIMING

Professional electronic equipment is used.

## RESULTS

- Posted at [www.Zbchc.com](http://www.Zbchc.com)  
With-in 48 hours.

## PACKET PICKUP

- Pick up at Zion Park District Sports Arena on 5/9 from 5:30-8:30 PM or all day 5/10.
- Pickup onsite one hour before start time on race day.
- If you miss a race, packets will be available for pickup for 2 weeks at the Zion Park District.

## RACE SHIRT AND GOODIE BAG

- Guaranteed to all who register by 5/1/19.

## RUNS

- **5K RUN/WALK:** Walk or run the 5K course and your time could earn you a division placement with a medal or trophy.

## DIVISIONS FOR TIMED 5K RUN/WALK

M 5-12•13-19•20-29•30-39•40-49•50-59•60+  
F 5-12•13-19•20-29•30-39•40-49•50-59•60+

## COURSE

- It is flat and fast on paved city streets ~  
Course is CARA certified!

Proceeds to support the Coalition for Healthy Communities [www.zbchc.com](http://www.zbchc.com).



Make check payable to Zion Park District and return to:  
Zion Park District • 2400 Dowie Memorial Drive • Zion, IL 60099  
or register online at [www.ZionParkDistrict.com](http://www.ZionParkDistrict.com)

**REGISTRATION**  
**2019 Mama's Run**

<b>NAME</b>																				
<b>ADDRESS</b>											<b>AGE</b>									
<b>CITY</b>											<b>PHONE</b>			-			-			
<b>EMAIL</b>																				

SHIRT SIZE (Choose One)	E-NEWS	GENDER	ENTRY
YOUTH <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large	<input type="checkbox"/> Yes	<input type="checkbox"/> Male	<input type="checkbox"/> Adult
ADULT <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large	<input type="checkbox"/> No	<input type="checkbox"/> Female	<input type="checkbox"/> Student
<input type="checkbox"/> XL <input type="checkbox"/> XXL	<input type="checkbox"/> I already get it!		

**APPLICANT SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

If applicant is a minor, the undersigned parent or guardian hereby consents to the applicant's participation and waives and releases all rights and claims for damages as more fully set forth in this entry form.

**PARENT/GUARDIAN** \_\_\_\_\_ **DATE** \_\_\_\_\_

## 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 or 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, ZBTHS, CHC, and all other cooperating agencies in this race, it's 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 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.

