

Waiver and Release

In consideration of the acceptance of my application for entry in the Momence Lions Glad Run, I the undersigned, for myself, my heirs, executors, administrators and assigns, hereby waive and release any and all claims for damages, for death, personal injury, loss of property, or property damage I may have, or that may subsequently accrue to me, or to my heirs, executors, administrators or assigns, as a result of my participation in the Momence Lions Glad Run. I, the undersigned, discharge and release in advance the promoters, sponsors, volunteers, the promoting clubs, the event officials, Momence Lions Club, the City of Momence, Ganeer Township, the County of Kankakee, the Momence School District, Momence Gladiolus Festival Association, and the respective agents, boards, commissions, employees and representatives of the foregoing, without limitation, from any and all liability arising out of or connected in any way with my participation in the above-mentioned event, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above

I acknowledge and understand that running/walking a road race is a potentially hazardous activity. I understand that I should not participate unless I am medically able and properly trained. I agree to abide by any decision of race official relative to my ability to safely complete the event. My participation is voluntary and done at my own risk. I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in the above mentioned event including, but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I further understand that serious accidents occasionally occur during a road race and that participants in such races occasionally sustain mortal or serious personal injuries and/or property damage as a consequence thereof. Nevertheless I hereby agree to assume those risks and to release and hold harmless all of the persons and entities mentioned above whom, through negligence or carelessness or otherwise, might be liable to me or my heirs, personal representatives or assigns for damages. I agree to accept and abide by the rules and regulations of the event as established and provided to me by the Momence Lions Club and to obey the directions of the designated officials.

I understand and agree that medical or other services rendered to me by, or at the instance of, any of the persons or entities mentioned above is not an admission of liability to provide or to continue to provide such services and is not a waiver by any of the persons or entities mentioned above of any right hereunder.

In further consideration of the acceptance of my application for entry in the Momence Lions Glad Run, I hereby grant full permission to the Momence Lions Club to use photographs, videotapes and any other record of the Momence Glad Run, including my name, likeness and/or voice for any legitimate purpose.

I have read and understand everything written above and I voluntarily sign this waiver and release.

Signature (Parent if under 18)

Date

Emergency Phone

Momence Lions Club
PO BOX 444
Momence, IL 60954
<http://www.momencelions.org>

MOMENCE LIONS GLAD RUN

Saturday, August 13, 2016



5K Run • 10K Run • 5K Competitive Walk

*In conjunction with the
Momence Gladiolus Festival.*

Momence Lions Club
Post Office Box 444
Momence, Illinois 60954

Email liondennisreddish@gmail.com
Phone Lion Dennis at 815 953 2669
<http://www.momencelions.org>

INFORMATION

DATE Saturday August 13th, 2016

PRE-REGISTRATION Forms must be received by August 8th 2016

Online Registration
<http://www.signmeup.com/115161>

REGISTRATION 6:30 AM to 7:45 AM at the west side of the football field/track at Momence Junior High School, 801 West Second Street; Momence, IL

ENTRY FEES

Entry Fees 5K/10K Runs and Walk \$20 or \$25 on race day \$2 Discount for all K.R.R.C Members. K.R.R.C Members must pre-register in order to receive the discount.

Race shirts are guaranteed to all those who's pre-registration are received by August 3rd 2016. On the day of the race, shirts will be offered while they last.

SCHEDULE

6:30 – 7:45 AM - Registration

7:45 – Gather at start in front of high school on Franklin St

8:00 – Start

Awards will start immediately following the 10K race

COURSE

Flat and fast; all begin in front of the high school (on Franklin Street) and run along the Kankakee River, finishing on the all-weather track.

FEATURES

Bathrooms available; water stations; marked miles with splits; digital clock finish with results posted on-line at www.races.co.nr ; fruit, snacks, and beverages available after races

Awards and Age Divisions

5K RUN

Age divisions: 14 & under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+

Awards: Medals to all 14 and under finishers.
Medals to overall top 3 men and women, 48 Medals to top 3 men and women per age group

10K RUN

Age divisions: 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-64, 65-69, and 70+

Awards: Medals to all 14 and under finishers
Medals to overall top 3 men and women and top 3 men and women per age group

5K COMPETITIVE WALK

Awards: Medals to overall top 3 finishers

GLADIOULUS TO ALL FEMALE FINISHERS

For more information: (815) 953-2669 or www.gladfest.com

REGISTRATION FORM

Last Name

First Name

Address

City/State

Zip

Phone

E-Mail

Sex

Age on 8/13/2016

T-Shirt Size (Adult) S M L XL XXL

Select Race 5K Run 10K Run

5K Walk

Return with your check made payable to
Momence Lions Club
PO Box 444
Momence, IL 60954

Please sign release and waiver on opposite side.