



RUN THE COURSE 5K

SATURDAY, APRIL 7, 2018

8:00AM AT LAKE BLUFF GOLF CLUB

EVENT PROCEEDS BENEFIT THE FRIENDS OF LAKE BLUFF PARKS FOUNDATION, A 501(C)(3) NOT-FOR-PROFIT ENTITY.

ENTRY FEES

EARLY REGISTRATION (ENDS FEB. 28, 2018) 5K - \$30

REGULAR REGISTRATION (ENDS MAR. 31, 2018) 5K - \$35

LATE REGISTRATION (ENDS APR. 7, 2018) 5K - \$40

Lake Bluff Fitness Center members and Active Military Receive \$10 Discount

ENTRY FEE INCLUDES

TECH T-SHIRT (FIRST 300 RUNNERS)
USATF CERTIFIED 5K COURSE
FOOD & DRINKS

AWARDS

TOP MALE & FEMALE FINISHERS:
14 & UNDER, 15-19, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54, 55-59, 60-64,
65-69 AND 70 & OVER

COURSE INFORMATION

THE RUN THE COURSE 5K IS A UNIQUE OFF-ROAD RACE THROUGH THE LAKE BLUFF GOLF CLUB. RUNNERS WILL EXPERIENCE A CROSS COUNTRY FEEL AS THEY RACE THROUGH THE COURSE PAST BUNKERS, OVER BRIDGES AND AROUND WATER HAZARDS.

PACKET PICKUP

LOCATED AT LAKE BLUFF GOLF CLUBHOUSE, 365 W. WASHINGTON AVE., LAKE BLUFF, IL
FRIDAY, APRIL 6, 2018: 5:30PM – 8:00PM & SATURDAY, APRIL 7, 2018: 7:00AM – RACE TIME

NAME _____ PHONE _____

AGE _____ M/F _____

E-MAIL _____

ADDRESS _____

CITY/STATE _____ ZIP _____

SHIRT SIZE ADULT: FEMALE S M L XL MALE S M L XL

PLEASE SIGN THE WAIVER ON THE BACK OF THE REGISTRATION FORM.

PLEASE MAKE CHECKS PAYABLE TO: FRIENDS OF LAKE BLUFF PARKS

MAIL APPLICATION & PAYMENT TO: 355 W. WASHINGTON AVE., LAKE BLUFF, IL 60044

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WAIVER & RELEASE

IMPORTANT INFORMATION

THE LAKE BLUFF 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 IS PHYSICALLY FIT AND/OR ADEQUATELY SKILLED FOR 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 THE GOLF COURSE IS MAINTAINED AND INTENDED FOR GOLF USE AND NOT RUNNING USE. THEREFORE, SURFACE IRREGULARITIES AND OTHER HAZARDS THAT DO NOT POSE SAFETY RISKS TO GOLFERS, 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 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 RUNNING RACES ARE 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 COURSE, 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 LAKE BLUFF PARK DISTRICT TO GUARANTEE ABSOLUTE SAFETY.

WAIVER & RELEASE OF ALL CLAIMS & 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 LAKE BLUFF PARK DISTRICT, INCLUDING ITS 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 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 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.

PLEASE PRINT PARTICIPANT'S NAME _____ DATE _____
PARTICIPANTS SIGNATURE _____
(18 YEARS OR OLDER OR PARENT / GUARDIAN)