**The 4th Annual**

**Veterans 5K Run & Walk**

**Presented by UAW Local #1268**

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| **Date:** | **Saturday, November 5, 2016** |
| **Time:** | **9:00 a.m.**  **Check-in and Registration: 7:30 – 8:30 a.m.** |
| **Place:** | **Sportscore 1, 1288 Elmwood Rd, Rockford, IL 61103** |
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| Flat, fast course along the Rock River, USATF Certified. 2016 RRR Circuit Race, Chip Timing. | |

**First Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Last Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Sex (circle):** Male Female

**Address:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **City:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **State:** \_\_\_\_\_\_ **Zip:** \_\_\_\_\_\_\_\_\_\_\_

**E-Mail:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Phone:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Age:** \_\_\_\_\_\_\_\_ **Birthdate:** \_\_\_\_\_\_\_\_ / \_\_\_\_\_\_\_ /\_\_\_\_\_\_\_\_ **T-Shirt Size (circle one)** YM YL S M L XL XXL

**Are you a Veteran? (circle one)** Y N  **If so, what branch?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* $25 Registration fee, $10 for children 14 and under. Discounts for RRR and Rkfd Wildcats of $5 per adult. This fee includes the run, a long sleeve tech t-shirt, food & beverages following the run. Cash prizes awarded for overall top male and female, overall VET male and female, and overall Masters male and female (50+) Dog Tag awards to the top 3 male and female in each 5 year age category. Prize for fastest Vet in each branch and most patriotic apparel.

Shirt guarantee is 10-14-16. Must be registered by this date for a guaranteed shirt.

* Packet pick-up Friday, Nov 4th from 4-6 pm at Sportscore 1 and race day from 7:30 – 8:30 a.m. where late registration is also available at a price increase of $30 for adults and $15 for children; NO discounts.
* No dogs, strollers or in-line skates please.
* Online registration available at [www.runsignup.com/Race/IL/Rockford/Veterans5K](http://www.runsignup.com/Race/IL/Rockford/Veterans5K) or pre-register using this form and mail the form and check to: Veterans 5K Run, PO Box 10265, Loves Park, IL 61131. Checks payable to Veterans Drop-In Center.
* Contact person: [lshores2922@gmail.com](mailto:lshores2922@gmail.com) or 815-289-8386
* Visit our race website at http://vetsrun.wix.com/veterans5K on FACEBOOK at www.facebook.com/VeteransDropIn5K

I agree that running or walking is a potential hazardous activity and that serious injuries or death can occur from accidents, negligence, or carelessness. I am in good health and proper physical condition to participate in the 5K event. I agree that the route markings are provided for my convenience only and not to guarantee a safe route or trip. I voluntarily participate in this event and assume all risk associated with participating in this event, including but not limited to: illness, injury, falls, contact with other participants, effects of weather, traffic and condition of road or trail, all such risks being known and appreciated by me. I will obey all laws, ordinance and regulations and will do my best to make this run fun and safe for everyone. I consent to emergency medical treatment in the event of injury or illness. Having read this waiver and knowing these facts and in consideration of your accepting my registration, I, for myself and for those upon whose behalf I act, waive and release the Veterans DropIn Center and all cooperation sponsors, Rockford Roadrunners, Sportscore 1, groups agencies and municipalities, their representatives and successors, from all claims or liability of any kind arising out of my participating at this event, even though that liability may arise of negligence or carelessness on the part of that person or organization conducting or support this event. If I am the parent and/or legal guardian of a minor participant, I certify that the minor is in good health, qualified and in proper physical condition to participate in the 5K and hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless all the above release parties from liability, claims, demands, losses or damages on the minor's account incurred in connection with the event or its related events and activities. I will indemnify, save and hold harmless each of the released parties from litigation, expense, attorney fees, loss, liability, damage or cost that may occur as a result of any such claims in connection with the minor's participation in the 5K run/walk and its related events and activities. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this even for any legitimate purpose.

Signature Date

To Benefit the Veterans Drop-In Center, a 501c nonprofit corporation

Race will be held rain or shine. In case of cancellation, thank you for your donation!