



5K Family Fun Run & Fitness Walk

Celebrating Diversity

August 2-4, 2013

Register online @ www.thtiming.com

Mail / Drop-off registration:

Attn: North Chicago Community Days

Payment Center Window

1850 Lewis Avenue, North Chicago, IL 60064

5K Family Fun Run & Fitness Walk

Entry Fees: \$25 adult, includes technical t-shirt

\$10 under age 18, includes cotton t-shirt

**Technical t-shirts guaranteed to runners
registered before July 22nd*

Presented by: The City of North Chicago • Foss Park District • North Chicago School District #187

INAUGURAL 2013 5K

SATURDAY, AUGUST 3

1730 Lewis Avenue, North Chicago

8:00 a.m.

Awards

- Top overall Male & Female Finishers
- Top 3 Finishers in each Age Group:
0-5, 6-10, 15-19, 20-29, 30-39, 40-49,
50-59, 60-69, 70-79, 80+

Details

- Computerized timing provided by T&H Timing
- Water stations on the course
- No dogs, bicycles, in-line skates, scooters or wheeled vehicles allowed on the course
- Jogging strollers allowed at rear of starting corral

Advance Packet Pick-up

- **Friday, Aug 2 - 4:00 p.m. – 9:00 p.m.**

Race Day Packet Pick-up

- **Saturday, Aug 3 - 6:30 a.m.**

Registration Per Participant *Required field

*Name

*Waiver Consent Signature / Date

I have fully read and considered all of the terms and statements contained in this release before affixing my signature.
Releasor must be over 18 years of age (see reverse for details)

*Gender / Age on Race Day

*Address

*City / State/ Zip

*Phone / Email

*T-Shirt Size Ladies: **S M L XL 2X** Youth: **YS YM YL**
Circle One: Men: **S M L XL 2X**



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REGISTRATION ONLINE

www.thtiming.com

MAIL / DROP-OFF REGISTRATION

Make checks payable to: City of North Chicago

Attn: North Chicago Community Days

1850 Lewis Avenue, North Chicago, IL 60064

5K Information: 847-710-6621

Community Days Information: 847-596-8640

Email: CommunityDays@NorthChicago.org

[Facebook.com/CommunityDays](https://www.facebook.com/CommunityDays)



The logo for North Chicago Community Days features a central sunburst design with yellow rays emanating from a red circle. Above the sunburst, a blue arc contains silhouettes of five people in various running poses. The text "north.chicago" is in a small, blue, sans-serif font above the word "COMMUNITY", which is in a large, bold, red font with a blue outline. The word "DAYS" is in a large, bold, blue font with a yellow outline. Below the main text, a blue banner with a yellow border contains the words "MUSIC • FOOD • FUN" in a bold, blue, sans-serif font.

Event Grounds

Parking

H2O

Water Station at Argonne & beginning of Bike Path



I, _____, for and in return for sufficient, good and valuable consideration, the receipt and sufficiency of which is hereby acknowledged, do hereby release and forever discharge the City of North Chicago, their agents, servants, employees, successors and assigns, and their respective heirs, personal representatives, affiliates, successors and assigns, and any and all persons, firms or corporations liable or who might be claimed to be liable, whether or not named, none of whom admit any liability to the undersigned, but all expressly denying liability, from any and all actions, causes of actions, lawsuits, claims and demands which I may hereafter have, arising out of or in any way relating to any and all injuries and damages of any and every kind, to both person and property, and also any and all injuries and damages that may develop in the future, as a result of or in any way relating to my participation in North Chicago Community Days 2013 5K Race.

I acknowledge that I am voluntarily participating in the Community Days 2013 5K Race, and I waive any claim for any injury that I may suffer as a result.

This Release shall be binding upon the undersigned, and his/her respective heirs, executors, administrators, personal representatives, successors and assigns. This Release shall be subject to and governed by the laws of the State of Illinois.

I have fully read and considered all of the terms and statements contained in this release before affixing my signature on the reverse section of this page.

EXECUTED this _____ day of _____, 2013.