Complete Release and Waiver Form

THIS ENTRY CONTAINS A RELEASE AND WAIVER: SIGNING IT DOES AWAY WITH ANY CLAIM FOR INJURY OR DAMAGE. To participate in the HERITAGE RUN 2 MILE RACE, 2 MILE WALK, 10 KILOMETER RACE and KIDS FUN RUN, on SUNDAY, APRIL 27, 2014 in ROCKFORD,IL, I accept all rules, conditions and regulations and will comply with them.

Minor applicants will be accepted only with parent or guardian's signature.

I am aware that a run of 2 MILES or 10 KILOMETERS may be extremely difficult and hazardous for even well-conditioned athletes under the most favorable conditions. While the temperature during this time of year is usually comfortable for running, I am aware of the risk of adverse weather conditions. I understand that I should not participate in this event unless: (1) I am in excellent physical condition, (2) I have trained properly for this event, and (3) I have no medical condition that could likely be worsened by vigorous physical activity. Knowing these facts, in consideration of your accepting my entry, and in reliance upon the information submitted herein by me, I hereby for myself, my heirs, executors, and administrators, waive, release, discharge and covenant NOT TO SUE any of the sponsors, all race officials and volunteers, OSF Saint Anthony Medical Center, YMCA of Rock River Valley, the city of Rockford, Rockford Park District, Stewart Square, Rockford Road Runners, all medical personnel or any of them and any person connected with this event, their employees, representatives, successors and assigns, claims or liability for death or for damages for any and all injuries to me or my property, arising out of or in connection with my participation in this event. This Release extends to all claims of every kind and nature whatsoever, whether foreseen or unforeseen, known or unknown.

Finally, I hereby grant my irrevocable permission to sponsor and/or organizer and its authorized agents, to use my name and any photographs, video tapes, motion pictures, recordings, or any other record of my participation in this event for any purpose.

Race officials reserve the right to remove those persons who appear to have medical problems during the race.

_____ _____
SIGNATURE   DATE
PARENT/GUARDIAN if under 18

OSF Heritage Run Sunday, April 27

10 KILOMETER RUN (6.2 MILES) 1:00 PM
- RRR Circuit Race
- Loop course, flat and fast
- Splits at every mile
- No dogs, strollers or in–line skates allowed

2 MILE RACE AND NON–COMPETITIVE FAMILY WALK 1:00 PM
- Certified Course (IL–03020–JW)
- RRR Circuit Race
- Out and back course
- Flat and fast
- Walkers, for your safety, please start in back of runners.

KIDS FUN RUN
- Approximately 2:30 p.m. after 10K completion
- For kids 12 and under
- 1/2 mile
- T–shirts to first 100 entrants
- Ribbons to all finishers
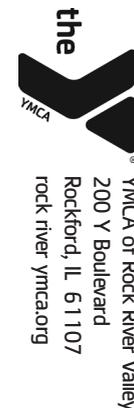- $7 entry fee for kids run only

AWARD CEREMONY
2–mile 2:00 p.m.
10K Approximately 3:00 PM

PARKING
- Parking available in BMO Harris Ramp Church & Elm Streets
- Free parking in city lots and on streets

OTHER INFORMATION
- Water available on course
- Refreshments for runners
- Chip Timing
- Special Kids Activities

United Way

YMCA of Rock River Valley
200 Y Boulevard
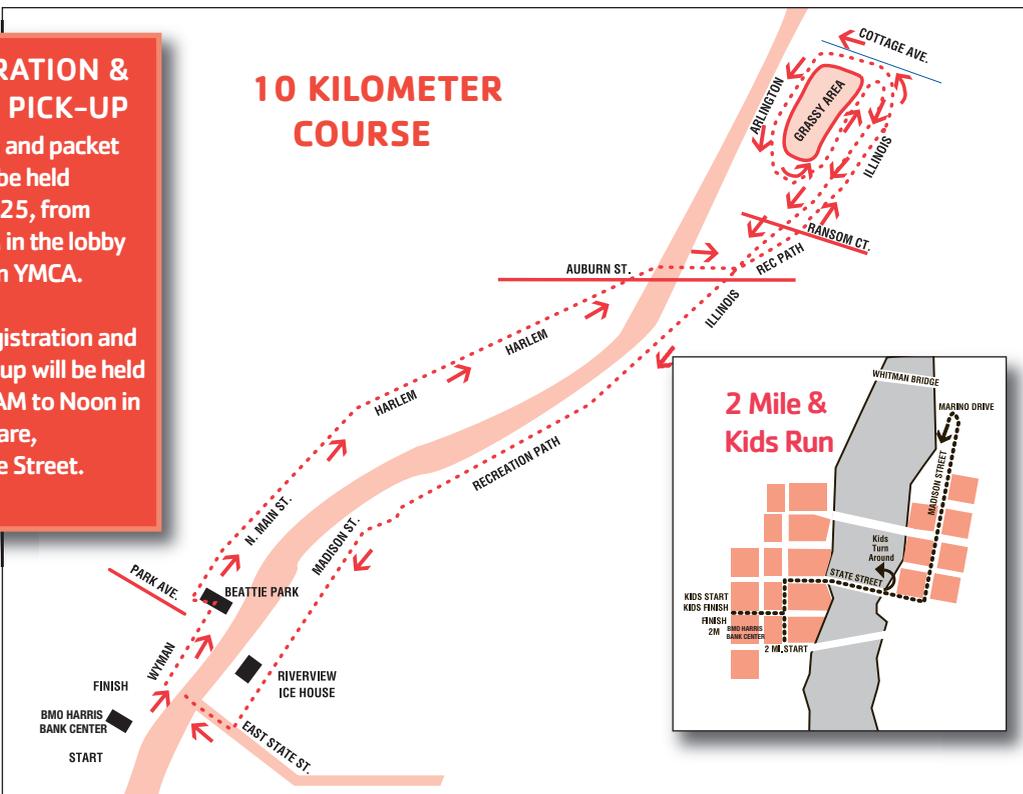Rockford, IL 61107
rock river ymca.org

the Y YMCA

OSF HERITAGE RUN

APRIL 27, 2014 / 30th Year

10K / 2 Mile Run 2014 RRR Circuit Races
1 PM Start Downtown Rockford Sunday, April 27
CHIP TIMING • HEALTHY KIDS DAY ACTIVITIES

the Y

OSF SAINT ANTHONY MEDICAL CENTER HERITAGE RUN

Sunday, April 27, 2014, Downtown Rockford – Start at State & Wyman Street

REGISTRATION & PACKET PICK–UP

Registration and packet pick–up will be held Friday, April 25, from 4PM to 6PM in the lobby of downtown YMCA.

Race day registration and packet pick–up will be held from 10:30AM to Noon in Stewart Square, 308 W. State Street.

10 KILOMETER COURSE

COTTAGE AVE.
ARLINGTON
GRASSY AREA
ILLINOIS
RANSOM CT.
AUBURN ST.
REC PATH
ILLINOIS
HARLEM
HARLEM
HARLEM
RECREATION PATH
N. MAIN ST.
MADISON ST.
PARK AVE.
BEATTIE PARK
WYMAN
FINISH
RIVERVIEW ICE HOUSE
BMO HARRIS BANK CENTER
START
EAST STATE ST.

2 Mile & Kids Run

WHITMAN BRIDGE
MARINO DRIVE
MADISON STREET
Kids Turn Around
STATE STREET
KIDS START
KIDS FINISH
FINISH 2M
BMO HARRIS BANK CENTER
2 M. START
2 MI. START

PRIZE MONEY

Prize money will be awarded to the top three male and female finishers and the first female and male masters (over 40) finishers in the 10K.

Overall Winners (Male/Female)	Masters Winners
1st Place $200	Male $150
2nd Place $100	Female $150
3rd Place $50	

Prize money winners not eligible for age group awards.
Only one monetary prize per person.

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1 P.M. Start at State & Wyman

DIVISIONS AND AWARDS FOR 10K AND 2 MILE RACE

Men & Women: 6–11, 12–14, 15–19, 20–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70–74 & 75 & over.
Division Awards to 3 places.

REGISTRATION/ PACKET PICK–UP

- Registration and packet pick–up will be held Friday, April 25, from 4pm–6pm in the lobby of downtown YMCA

- Race day registration and packet pick–up will be held from 10:30am–Noon in Stewart Square, 308 W. State Street.

REGISTRATION CLOSES AT NOON. NO EXCEPTIONS!

FEES
- Entry Fees: $30 for each race if pre–registered $10 for Youth 17 &under (2 mile and 10k)

- Includes a specially designed shirt

- Entry must be post marked by April 18, 2014

- $35 Entry Day of Race

- $7 Kids Fun Run only

- No Refunds

- No Discounts day of race

10K AND 2 MILE ARE ROCKFORD ROAD RUNNERS CIRCUIT RACES

FREE Cholesterol & Blood Pressure Screenings

Thanks to our sponsors

OSF SAINT ANTHONY MEDICAL CENTER
RockValley Culligan. better water. pure and simple.®
ROCKFORD ROAD RUNNERS
ROCKFORD RACE CIRCUIT
FRIDH CORPORATION SINCE 1981
the YMCA

Registration Form

Complete and Mail Form to:
OSF Heritage Run / Big Brothers Big Sisters
200 Y Blvd.
Rockford, IL 61107
(Must be postmarked by April 18, 2014.)

_____
Name

_____
Address

_____
City

_____
State   Zip

_____
Telephone

_____
Birthdate

_____
Age (as of Race Day: April 27, 2014) Male ☐ Female ☐

_____
Parent's name if a minor

Please indicate race: 10K ☐   2M ☐   2M Walk ☐   Kids ☐

Fee Enclosed: $_____
(Make checks payable to Heritage Run YMCA)

$3 DISCOUNT ON PREREGISTRATION ENTRY FEE TO MEMBERS OF:
(ONLY ONE DISCOUNT PER RUNNER–NO YOUTH DISCOUNT)
☐ Rockford Road Runners ☐ Code RRR2014

To register on line and for race information and results go to
www.rockriverymca.org or call
815/489–1133

PLEASE SIGN RELEASE FORM ON OTHER SIDE

FOR OFFICIAL USE ONLY RACE #_____