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CRYSTAL LAKE, IL
PERMIT NO. 138

MCC Fit for Life 5K – Registration Form

Last Name _____ First Name _____

Mailing Address _____

City _____ State _____ Zip Code _____

Home Phone: _____

Work Phone: _____

Sex: M F Birthdate: _____

Age as of 10/2/2011: _____

T-shirt size: S M L XL

Please sign waiver on reverse side

For Office Use Only:

Method of Payment:

Cash _____ Check _____ Check # _____

MCC
McHenry County College
8900 US Highway 14
Crystal Lake IL 60012-2761

McHenry County College Fit For Life 5K Walk/Run



Date: Sunday, October 2, 2011

Location: Lippold Park – 851 W. Terra
Cotta (Rte. 176) Crystal Lake, Illinois

Check-in: 7 – 8 a.m.

Race Start: 8:30 a.m.





Fit for Life 2011 5K Walk/Run

Course Information: The course stays within Lippold Park, is crushed limestone, and is flat. There is one water station on the course, and another at the finish line. There are no dogs allowed in the race or on the course. *This race is geared for beginners and those looking for a fun run through the park. However, runners of all competitive levels are welcome.*

T-Shirts: T-Shirts will be available to the first 100 registered participants.

Awards: Medals will be awarded for 1st –3rd place for each age group, male and female. Overall male and female winner will receive trophies, but not medals for their age division.

Age Groups: Under 14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+.

Questions/Volunteer Opportunities: Please contact Nikki Lewis or Scott Mezzano, Co- Race Directors, at the McHenry County College Fitness Center at (815) 455-8551 or nlewis@mchenry.edu or smezzano@mchenry.edu .

Event Schedule

Date: October 2, 2011

Race Fees: Through September 23 : \$20 (mail in)
Race Day: \$30

Packet Pick-Up: Packets will be available for pick up on race day from 7-8 a.m.

Post-Race Events: Food and beverages are available to all runners and walkers following the race. There will be a raffle with exciting prizes, followed by the awards ceremony.

Online Signup: Online sign up available at <https://www.signmeup.com/76422>



Proceeds from the race will go towards the purchase of handicapped accessible equipment for our special populations to use. We serve all of McHenry County, including our active retired seniors, special-needs population from the Northern Illinois Special Recreation Association (NISRA) and the Special Education District of McHenry County (SEDOM), as well as students and employees of MCC.

Participant Waiver

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/ activities and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that I may sustain as a result of my participation. In consideration of my entry for the above race, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights to claim for damages I may have against McHenry County College, Crystal Lake Park District, and all sponsors of this race, their successors and representatives, including all workers and organizers of the race; I attest and certify that I am physically fit and have sufficiently trained for competition in this event. I have fully read and fully understand the above information, warning of risk, assumption of risk and release of all claims.

Signature _____ Date _____

Parent/Guardian Signature (if under 18) _____

Sign, detach, and return with payment to:

McHenry County College Fitness Center
8900 US Highway 14
Crystal Lake, IL 60012
Attention: Nikki Lewis

MAKE CHECKS PAYABLE TO THE MCC FITNESS CENTER

