

5K RUN



TheRunners' Crusade

5K Run/Walk
6:00 p.m.

Rain or Shine

Saturday, June 25, 2016
Ottawa, Illinois

Race Features:

- Time and finish line provided by Starved Rock Runners, Ltd.
- Awards to top three finishers in each division
- Water on course
- T-shirts
- GO Club Pork Chop Dinner
- **Free Tot's Race**, 2-8 yrs old, 5:30 pm

Age Divisions:

Men and Women	
13 & under	
14-19	45 - 49
20-24	50 - 54
25-29	55 - 59
30-34	60 - 64
35-39	65 - 69
40-44	70 & over

Check in: Begins at 4:30, Marquette Academy High School building (1000 Paul Street) – West entrance

Entry Fee: \$20 pre-registered (must be postmarked by June 18th)
\$25 after June 18th

T-shirts guaranteed to all pre-registered applicants. No refunds!

Fill out entry form below and return it with entry fee payable to:

Marquette XC Parents · 5K Run/Walk · 3397 E. 15th Rd. · Ottawa, IL 61350
Questions? Contact Lisa Cheatham at 815-434-1149 or LRC100@yahoo.com

**Bill Walsh Auto
Sign Up & Drive**

ILLINOIS DEPARTMENT OF NATURAL RESOURCES – RELEASE OF LIABILITY - SIGNATURE REQUIRED

The undersigned entrant/participant/contestant in The Runners' Crusade 5K Run/Walk activities for the date of June 25, 2016 at 6:00 p.m., hosted by Marquette Academy, consents that he/she shall assume all risk and liability arising in conjunction with the above activities and shall save, hold and keep harmless at all times the State of Illinois and the Department of Natural Resources, its agents and employees against any loss, damage, penalty, cost and expense, judgments and decrees that may accrue or be incurred by reason of any accident, loss, wrong, injury or damage to person, life or property in or about the 5k reference area(s) arising out of the above described activities.

WAIVER RELEASE – SIGNATURE REQUIRED

I hereby certify the following: (1) I am physically fit and have received medical clearance to participate in the The Runners' Crusade, (2) In consideration for my application to participate in The Runners' Crusade run being accepted, I, on behalf of myself, my heirs and assigns, and my estate, hereby waive and forever discharge the sponsors, organizers, affiliates, as well as their agents and employees from any and all claims that may accrue as the result of my participation, and (3) I hereby grant Marquette Academy specific permission to reproduce, publish, circulate, copyright or otherwise use any and all photographs and/or videotape of me and/or my family, taken at The Runners' Crusade, for use by Marquette Academy.

Name _____

Address _____ City _____ State/Zip _____

email address _____

Age (as of 6/25/2016) _____ Date of Birth _____ Male _____ Female _____

T-shirt Size (Adult sizes) ___S ___M ___L ___XL Runner Walker

Participant's Signature _____ Date _____

If under 18, Parent's or Guardian's Signature _____

MA Students Team Competition? Please List Sports Participated in during 2015-16 school year: _____

FOR OFFICE USE ONLY: Amount _____ Date _____ Cash _____ Check _____