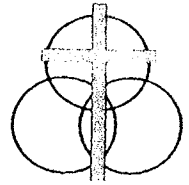


# FOURTH ANNUAL TRINITY 5K RUN/WALK SPRING SHUFFLE



## RUNNERS ON YOUR MARK, GET SET, GO

GET YOUR RUNNING SHOES READY, HERE WE GO AGAIN! TRINITY CATHOLIC  
ACADEMY OF LA SALLE

IS HOSTING THE FOURTH ANNUAL 5K RUN/WALK  
**SATURDAY APRIL 30<sup>TH</sup> STARTING AT 9AM**  
**REGISTRATION STARTS AT 7AM**

COURSE DESIGNED TO BE THROUGH SCENIC LA SALLE STREETS STARTING AND  
FINISHING AT TCA SCHOOL

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We will have Awards for First Place Overall Female and Male runners  
and Medals for top three in the following categories:

- |                          |   |                       |
|--------------------------|---|-----------------------|
| 10 and under Male/Female | * | 11-20 Male/Female     |
| 21-30 Male/Female        | * | 31-40 Male/Female     |
| 41-50 Male/Female        | * | 51 and up Male/Female |

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Music and Refreshments will be provided after race  
**Pre-Register by April 15<sup>th</sup> to guarantee shirt**  
**Cost is \$20 before April 15<sup>th</sup> and \$25 day of race**

Complete form and return to TCA CO/TCA5K, 650 4th Street, La Salle, IL 61301  
Questions can be directed to Sergio Sanchez at 815-712-8434 or TCA at 815-223-8523

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Name: First: \_\_\_\_\_ Last: \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_  
(MM/DD/YY) (Day of race)

Address: Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Daytime phone: \_\_\_\_\_ Shirt size (circle) **YS YM YL S M L XL**

**WAIVER (Read before signing)**

I know that participation in this event is a potentially hazardous activity. I will not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of any race official as to my ability to safely complete the event. I assume all risks associated with this event, including but not limited to falls, contact with other participants, effects of weather including high heat and humidity, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release TCA, the Town of La Salle, Trinity Catholic Academy, race officials, volunteers, and all sponsors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. I know that dogs, bicycles, in-line skates are not allowed on the course.

Email: \_\_\_\_\_ Date: \_\_\_\_\_

**Signature of Athlete** (Parent's Signature if under 18 years of age) \_\_\_\_\_

<p><b>For official use only. Do not mark.</b>      <b>RUNNER NO.</b> _____</p>
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