

# Pontiac Township High School

## 5<sup>th</sup> Annual Run For Respect

5K and 1 mile Fun Run/Walk

Saturday, April 22, 2017 at 10AM

Help us **Spread The Word To End The Word** by replacing the r-word with the NEW r-word RESPECT! All proceeds from the Run for Respect benefit Special Olympics and Pontiac Township High School's Peers In Action programs. **THIS YEAR'S THEME IS RESPECT IS MY SUPERPOWER! COME DRESSED AS YOUR FAVORITE SUPERHERO (optional)!**



www.r-word.org  

**RACE:** - Accurately measured chip timed flat 5K which begins and ends at Pontiac Township High School  
- 5K starts at 10:00am and 1 mile walk starts after the 5K runners take off (on the high school track)  
- Water stop at mile 2

**AWARDS:** - 5K, overall male/female and male/female age groups

**REFRESHMENTS:** Light refreshments provided.

**REGISTRATION/ENTRY:** 5K and Fun Run Participants registering by 4/7/2017 will receive a dry-blend t-shirt. No guarantees for shirts after 4/7/2017.

Adult 5K/1 mile run **\$20.00** (nonrefundable) (\$2.00 discount for Lake Run Club Members)  
Students 5K/1 mile run **\$10.00**, includes college students (nonrefundable)  
- \$25.00 same day registration for all

**Team : Come as a team (3 or more) and Earn Special Recognition and a Team Plaque!**

**TEAM NAME** \_\_\_\_\_

**CHECK-IN & SAME DAY REGISTRATION:**

9:00-9:45am at Pontiac Township High School. No registration after 9:45am.

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ Male/Female

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP \_\_\_\_\_ E-Mail \_\_\_\_\_

PHONE \_\_\_\_\_ AGE \_\_\_\_\_ (On April 22, 2017) BIRTHDATE \_\_\_\_\_

**CIRCLE THE EVENT YOU WILL BE PARTICIPATING IN:** 5K Run OR 1 mile Fun Run/Walk

**CIRCLE T-SHIRT SIZE :** Youth: S M L OR Adult: S M L XL 2XL

\_\_\_\_\_ \$20.00: 5K/1 Mile Adult Entry Fee

\_\_\_\_\_ \$10.00: 5K/1 Mile Student Entry Fee

\_\_\_\_\_ **TOTAL ENCLOSED – Checks payable to PTHS**

Send registration form(s) with payment to: **PTHS, Laura Baumgardner, 1100 Indiana Ave., Pontiac, IL 61764** or online at <https://signup.itsracetime.com/Race/Register/IL/Pontiac/RunForRespect>

Upon accepting my application and in consideration of allowing me to enter this event, which I agree is at my own risk and entirely of my own free will I hereby for myself and on behalf of my heirs, executors, administrators, and assigns, waive, release, and discharge City of Pontiac, Pontiac Township High School, race organizers, race volunteers, sponsors, and promoters from any responsibility or liability whatsoever for any losses, injury, or other damage sustained in any activities during or surrounding the event.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

\*PARENT SIGNATURE NEEDED IF UNDER 18 \_\_\_\_\_

**For additional information contact Laura Baumgardner at Pontiac Township High school at (815)844-6113 or [lbaumgardner@pontiac90.org](mailto:lbaumgardner@pontiac90.org)**