



Starved Rock Runners Walking Clinic

Informational Meeting and Sign up

Tuesday, May 23, 2017 6:00 p.m.—7:00 p.m.

La Salle City Hall—745 Second Street, La Salle

All levels of walkers welcome—No Competition Just fun!

- Walking Clinic will be held **Monday evenings from 6:00 p.m.—7:00 p.m. at Rotary Park, La Salle**
Starting on **Monday, June 5, 2017 and continuing through Monday, August 14, 2017**
- Free Moisture Wicking Shirt for all participants
- Train to walk the Boo Milby Alzheimer's 5K held Saturday, August 19, 2017 in La Salle
- Additional clinic dates to walk the Boo Milby 5K Race route will be held on Thursday Evenings 6:00 p.m. to 7:00 p.m. August 3rd and 10th, meeting at Northwest School, O'Connor Ave. in La Salle. This will familiarize you with the course should you chose to walk the Race.
- For additional information contact: Jenn Summers at jennerry@att.net or (815) 830-3471

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email Address: _____

Shirt Size: Woman's Cut: S M L XL XXL

Unisex: S M L XL XXL

Cost: \$20.00 for Starved Rock Runners, Ltd. Members
\$25.00 for Non-Members
\$30.00 for the Walking Clinic and a Starved Rock Runners
Membership for the remainder of 2017

Please make checks payable to Starved Rock Runners, Ltd.

Mail Entry form to: **Jenn Summers**
945 Seventh Street
La Salle, IL 61301

I know that walking is a potentially hazardous activity. I should not enter and walk unless I am medically able and properly trained. I agree to abide by any decision of the Clinic Officials relative to my ability to safely complete the Clinic. I assume all risks associated with walking this event including, but not limited to falls, contact with other participants, effects of the weather including high heat and/or humidity, the condition of the roads and traffic on the course, all such risks known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your acceptance of my entry, I, myself and anyone entitled on my behalf, waive and release, the Road Runners Club of America, the Starved Rock Runners, Ltd., and all sponsors, their representatives and successors from all claims or ability that may arise out of negligence or carelessness on the part of the persons named in this waiver. I, the undersigned, understand that refusing medical assistance from local emergency responders summoned by SRRL personnel shall result in termination of my participation in the SRRL Walking Clinic. Re-entry into the Clinic following emergency assistance shall be contingent upon a Physician's medical release.

Signature of Participant

Date