

# Makin' Tracks Registration Form

## Four ways to register:

1. Drop off the form and check at The Depot, 401 Thatcher Avenue, River Forest, Illinois 60305.
2. Mail the form and check to: River Forest Park District, 401 Thatcher Avenue, River Forest, Illinois 60305. Mailed registration forms must be postmarked by September 2, 2019 for the Early Bird Registration, or September 16, 2019 for the Standard Registration. Please make check payable to the River Forest Park District.
3. Register online at [www.rfparks.com](http://www.rfparks.com) or at [www.signmeup.com/129560](http://www.signmeup.com/129560). (service fee applies) Online registration is available until September 19, 2019 at 11:59 pm CST.

EVENT	CODE
<input type="checkbox"/> 5K Run/Walk (7 years & older)	5603.210
<input type="checkbox"/> 5K Wheelchair Athlete (All Ages)	5603.213

Sorry, no refunds. There will be a \$25 fee for all returned checks. One form per participant (photocopies accepted). Please print clearly and complete this form to guarantee accurate and proper input of information. Unsigned entries or entries without payment will not be accepted.

**PLEASE NOTE:** Registration is not required for the 100 meter Wheelchair Dash and Tot Races.

## Participant Information

Name \_\_\_\_\_  
Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Telephone \_\_\_\_\_ Work/Cell Phone \_\_\_\_\_  
Email \_\_\_\_\_ Sex  M  F Birthdate \_\_\_\_\_ Age on Race Day \_\_\_\_\_  
Emergency Contact \_\_\_\_\_ Contact Phone \_\_\_\_\_  
Have you Participated in Makin' Tracks before?  Yes  No How many years? \_\_\_\_\_ T-Shirt Size:  S  M  L  XL  XXL

### Early Bird Registration thru Friday, September 6, 2019\*

- |   |      |
|---|------|
| <input type="checkbox"/> 5K Run/Walk (7 years & older)    | \$25 |
| <input type="checkbox"/> 5K Wheelchair Athlete (All Ages) | FREE |

\*Race shirt guaranteed

or

### Standard Registration 9/7/19 - 9/19/19

- |   |      |
|---|------|
| <input type="checkbox"/> 5K Run/Walk (7 years & older)    | \$30 |
| <input type="checkbox"/> 5K Wheelchair Athlete (All Ages) | FREE |

or

### Race Day Registration September 21, 2019

- |   |      |
|---|------|
| <input type="checkbox"/> 5K Run/Walk (7 years & older)    | \$35 |
| <input type="checkbox"/> 5K Wheelchair Athlete (All Ages) | FREE |

CARA and USATF members receive a \$4 discount. USATF/CARA number: \_\_\_\_\_

Registration is closed on 9/20/19

## Payment Information:

- I will be participating in the 5k!  
 I cannot participate, please accept this donation on my behalf

Check #
\$

Cash
\$

Credit Card	
Credit Card #	
_____	
Exp Date (mo/yr)	V Code
____/____	_____

- I have read the waiver stated on the back and understand that my signature is required in order to participate in this event.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent Signature (If participant under 18) \_\_\_\_\_ Date \_\_\_\_\_

Office Use Only
Bib #



# River Forest Park District

401 Thatcher Avenue • River Forest, IL 60305 • 708-366-6660 • [rfparks.com](http://rfparks.com)

# Registration Waiver

The River Forest Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The River Forest Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this activity must recognize that there is an inherent risk of injury when choosing to participate in running/walking events.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for road race participation. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity. You are also solely responsible for selecting and wearing personal protective equipment.

Please recognize that roadways are maintained and intended for motor vehicle use and not pedestrian use. Therefore, surface irregularities and other hazards that do not pose safety risks to motor vehicles, may pose risks to joggers and walkers. Prior to the event, all participants should familiarize themselves with the event route, paying close attention to surface irregularities and other potential dangers. Participants should also familiarize themselves with traffic patterns, check points, and all first aid and water stations. Most important, remember that this is a voluntary recreational activity. Never compromise your safety in the name of competition.

Running and power walking are intended to challenge and engage the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including death. Understandably, not all hazards and dangers can be foreseen. The very nature of road racing is hazardous and risky, including but not limited to overexertion, dehydration, slip and falls, collisions with other participants, the effects of weather, dangerous conditions of the road, being struck by a vehicle or bicycle, lack of good physical conditioning, poor training technique, and all other circumstances inherent in running/walking events. In this regard, it must be recognized that it is impossible for the River Forest Park District to guarantee absolute safety.

Please read this form carefully and be aware that in signing up and participating in this event, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this event.

I know that participating in this event is a potentially hazardous activity. I should not enter or run or walk unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely complete the course. I and my minor child assume all risks associated with running and walking this event, including, but not limited to: falls, contact with other participants, the effects of weather, including low temperature and/or wind chill, traffic, and conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of this entry, I hereby for myself, heirs, executors and administrators waive any and all claims that I may have for damages against the River Forest Park District, Community Bank of Oak Park River Forest, Concordia University Chicago, Fenwick High School, Race Time, Chicago Area Runners Association, USA Track and Field Illinois Association, the Village of River Forest, and all sponsors and individuals associated with this event, their representative and successors, and assigns for any and all injuries suffered by me in connection with this event, including pre and post race activities.

I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this activity. I further agree that this agreement shall be governed by the State of Illinois. I hereby grant permission to the River Forest Park District and its authorized agent to use my name and photographs, videotapes, motion pictures, recording and/or other record of my participation in this event for any purpose.

**I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims.**



## River Forest Park District

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