

**Lombard Park District
5K Mutt Strut/One Mile Walk
Waiver & Release**

IMPORTANT INFORMATION

The Lombard 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 Lombard 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.

WARNING OF RISK

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 Lombard Park District to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

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 recognize and acknowledge that there are certain risks of physical injury to participants in this event, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child/ward or I may sustain as a result of participating in any and all activities connected with or associated with this activity. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this activity against the Lombard Park District, including its respective officials, agents, volunteers, and employees (hereinafter collectively referred to as "parties").

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 have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

Participant's name (please print): _____ **Date:** _____

Participant's signature (18 years or older parent/guardian): _____



Sunset Knoll Recreation Center
820 S. Finley Road
Lombard, IL 60148
www.lombardparks.com



Sponsored by



13TH ANNUAL LILAC
MUTT STRUT
5K RUN & 1 MILE PUPPY PATH





Proceeds of this race will benefit the DuPage County Animal Care & Control and the Lombard/Villa Park Food Pantry.

The Lombard Park District presents a unique and fun race opportunity—The Lilac Mutt Strut 5K and Puppy Path. Dogs can participate in either event! A performance t-shirt is guaranteed for participants preregistered by May 1 and a pancake breakfast ticket is included for everyone who registers!

When

Saturday, May, 19 2018 (start time 8:00 am)

Location

The beginning and end of the race will now be located on Parkside Avenue, just outside of the Lombard Park District Administration Building, 227 W. Parkside Avenue, Lombard.

Registration

Registration is \$23 until the day of the race. Pre-register by May 1st to guarantee a performance t-shirt. Participants may register using this form or online at www.lombardparks.com using code **5K Run:** 112401-01 or **1 Mile Puppy Path:** 112401-02

Race Day Registration

Race day registration for \$28 will be taken from 6:30 - 7:30 am at the registration table.

Packet Pick-Up

Pre-race packet pickup will be available at Sunset Knoll Recreation Center, 820 S. Finley Road, on Thursday, May 17 and Friday, May 18 from 12:00 pm - 8:00 pm. Packets will also be available for pick-up on race day at the registration table from 6:30 - 7:30 am.

For more information or to register, please visit www.lombardparks.com or call the Lombard Park District at (630) 620-7322.

Race Course & Results

United States of America Track and Field (USATF) certified race course and results (posted after race) are available at www.lombardparks.com.

Post Race Activities

Following the race, awards will be presented to the top male and female winners overall, as well as the top three runners in each age category. Stick around for massages, music and the Pancake Breakfast!

Rules and Regulations

The Lilac Mutt Strut will take place rain or shine. Dogs should be kept on a leash at all times or will not be allowed in Lilacia Park. All friendly, well-behaved dogs are welcome. Only you know your dog's temperament and social limitations. If your dog does not get along well with other dogs, or gets nervous in large crowds of people, perhaps he or she would have more fun at home.

For the health of your pet, we request that only dogs who are up-to-date on their vaccinations attend. These vaccinations should include rabies, kennel cough and distemper. All dogs must be spayed or neutered and leashed at all times. There is a two dog per registered adult limit. All participating dogs must be at least 6 months of age.

Participants and dogs must be in condition to participate. At the discretion of the race director, pets whose behavior is unruly or may prove hazardous to participants, other pets, or spectators will be requested to leave. Out of courtesy to participants, owners will be expected to clean up after their dog(s).

Registration Form

Please use one form per participant. Mail or drop off to Lombard Park District, 820 S. Finley, Lombard, IL 60148.

Participant Information:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Date of Birth (dog handlers must be 16 years or older): _____

Female Male

Age Group (circle age group as of May 20, 2017):

14 & under 15-19 20-29 30-39 40-49 50-59 60 & up

5K 1-Mile Puppy Path

Adult t-shirt size S M L XL

How did you hear about us? _____

Pet Information

Name of Dog(s): _____

Breed of Dog(s): _____

Age(s): _____ Sex(s): _____

Rabies ID tag #(s) & year: _____

Pet Checklist

My dog(s) (limit of two dogs),

- Will be on a leash.
- Is dog/people friendly.
- Is spayed/neutered.
- Is ready for fun.

Payment Information:

Entry Fee: \$23 (Before 5/18) \$28 (Day of race from 6:30-7:30 am)

We accept Visa, Mastercard or check payable to the Lombard Park District.

Cash Credit Check#: _____

Credit #: _____ Exp Date: _____

Authorized Signature: _____