

TREMONT PARENTS CLUB
3rd Annual 5K Superhero Run/Walk
and
1 Mile Fun Run
Saturday, April 16, 2016

Great chance to set a spring goal, get active,
have fun and be a superhero for Tremont schools!

Students welcome!

9:00am - 1 Mile Fun Run

9:30am - 5k Run/Walk

Race begins in front of Tremont Grade School

Cost: 5k - \$25 through March 31, \$30 beginning April 1st

Tremont School District Students - \$20*

*Student discount not available online

1 mile Fun Run - \$5 (Does not receive t-shirt)

All proceeds benefit Tremont Schools.

Checks can be made out to: Tremont Parents Club

Awards following: Top 3 places, male & female along with age group awards

See attached registration form, or find us online!

<http://www.runrace.net/findarace.php?id=16107IL2>

5K Superhero Run/Walk 1 Mile Fun Run Registration

Name _____

Address _____

City _____

State _____ Zip Code _____

e-mail address _____

Phone number _____

Gender _____ Age _____

Shirt size (5k only) Adult S M L XL XXL

*I know that running [volunteering for] a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but no limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades, and animals, are not allowed in the race and I will abide by all race rules. 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 the _Tremont Parent's Club_, the city of ____Tremont____, and all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of Participant or Parent/Legal Guardian

Please return form to administrative office at:

Tremont Grade School

200 South James, Tremont, IL 61568