



Tiger Trot 5k Challenge

5k Run/Walk

Saturday, April 20, 2013

9:00 A.M.

Marquette Elementary

100 Joliet Rd

Marquette Heights, IL

Free Children's Run after the race

www.tiger-trot.com

Run a challenging course around Marquette Heights, IL to help support the schools of District 102 - Marquette & Rogers Elementary Schools.

The race will start in front of Marquette Elementary School/Independence Park and wind around the city of Marquette Heights. A course map and more information is available at www.tiger-trot.com

Entry Fee: \$25.00 –on or before April 6

\$30.00 – after April 6 and on race day

- Orange Tech T-Shirt guaranteed to all racers pre-registered on or before April 6th.
- Awards to 1st & 2nd overall and to 1st & 2nd place in each 5 year age group.
- Professional timing by the Illinois Valley Striders
- Results posted online at www.tiger-trot.com, on IVS.org, and at Athlinks.com

Sign up online at www.tiger-trot.com

Race begins at 9:00am sharp on Saturday, April 20th. Packet pickup starts at 7:30 am at Marquette Elementary, 100 Joliet Rd, Marquette Heights, IL.

Directions to race:

From the north and west:

Take I-474 east to Exit 9. Turn right onto Illinois Route 29. Immediately get into the left lane and turn left onto Lasalle Blvd at the traffic light. Follow Lasalle Blvd to the intersection with Joliet Rd, where you will see the elementary school.

From the south and east:

Take I-474 west to Exit 9. Turn left onto Illinois Route 29. Immediately get into the left lane and turn left onto Lasalle Blvd at the second traffic light. Follow Lasalle Blvd to the intersection with Joliet Rd, where you will see the elementary school.

Parking is available at the Elementary school in the teacher's parking lot, as well as to the northeast of the school in the parking lots for Independence Park.

Stick around after the race for door prizes and raffles for all participants still present.

Course Map:



The course begins on Lasalle Boulevard and the finish line will be just inside Independence Park, in the parking lot near the water tower.

Jogging strollers are welcome in the race, however runners with strollers must line up in the back at the starting line.

Sorry, no pets, please.

There will be a free ¼ mile children's run after the race. Sign up for the children's run will be on the day of the race during packet pickup/ race day registration.

Mail in Sign up form (please print):

First Name: _____

Last Name: _____

Gender: Male Female (circle one)

T-Shirt: XS SM MED LG XL 2XL (circle)

Date of Birth: ____/____/____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

Phone: _____

Emergency Contact Name & Phone:

Please read waiver, sign & date. Minors must also get parent's signature.

Unsigned forms will be returned

Mail to: District 102 Parents Club

Tiger Trot 5k Challenge

119 Saint Clair Dr.

Marquette Heights, IL 61554-1118

\$25 postmarked by April 6

\$30 after & on day of race

Make checks payable to:

Parents Club

(read waiver, sign and date)

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING AND/OR VOLUNTEERING IN THIS 5k Race, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault. I certify that I am physically fit, have sufficiently prepared or trained for participation in the event, and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity or event. I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors, and organizers of the event in which I may participate, and that it will govern my actions and responsibilities at said event. In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: District 102 Parents Club, Illinois School District 102 and/or their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, and event volunteers; (B) I INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by the negligence of release or otherwise. I acknowledge that District 102 Parents Club and Illinois School District 102 and their directors, officers, volunteers, representatives, and agents are NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting this event. I acknowledge that this event involves physical activity, and may carry with it the potential for death, serious injury, and property loss. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity or event. I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers, and assigns. The accident waiver and release of liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I CERTIFY THAT I HAVE READ THIS DOCUMENT, AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.

SIGNATURE _____ DATE _____

PARENT SIGNATURE _____