

9:00 a.m. Saturday, September 26, 2009
Women's Fitness 5K Walk/Run and Kid's Dash
Crystal Lake Park, Urbana



Please Print

Name _____ Age _____

Child's Name _____ Age _____

Street Address _____

City _____ State _____ Zip Code _____

Day Phone _____ Evening Phone _____

Date of Birth _____ Email _____

Choose Payment Options:

<input type="checkbox"/>	Walk* – T-shirt Size: S M L XL	\$
<input type="checkbox"/>	Run* – T-shirt Size: S M L XL	\$
* \$16 postmarked by Sat, Sept 19; \$18 after Sept 19		
<input type="checkbox"/>	Run Only (no shirt) \$12	\$
<input type="checkbox"/>	Walk Only (no shirt) \$12	
<input type="checkbox"/>	Send in Application with friend	– \$1.00 ea
<input type="checkbox"/>	Child's Run (one Size: M 10-12) \$6	\$
<input type="checkbox"/>	Free Kid's run (no shirt)	
Total		\$

Make Checks Payable to: Second Wind Running Club

**For Pre-registration, mail to: Women's Fitness Run/Walk
 411 Park Lane Drive
 Champaign, IL 61820**

Read and sign the waiver below:

I know that running or walking a road race is a potentially hazardous activity. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I waive and release the Second Wind Running Club and all 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.

Signature _____ Date _____

(parent/guardian must sign for entrant under 18)