



# YEAR 2009 JUBILEE DAYS 5K WALK/RUN



An Annual Event Since 1979

## Date:

Saturday, September 5, 2009

## Check-In Time:

6:30 A.M. to 7:30 A.M. Race Day  
Registration closes 15 Min. prior to race.

## Starting Time:

5K (3.1 Miles) 8:00 A.M.

## Course:

The 5K run will be on paved city streets throughout scenic Zion. No pets please-course will not accommodate.

## Entry Fee:

5K - \$10.00 by Aug. 22  
Late entry fee will be \$20.00 for 5K.  
(Aug. 23 & After)

## T-Shirt

Guaranteed to first 50 entrants.

## Divisions:

5K - Male & Females  
13 and under      20-29      40-49  
14-19              30-39      50 and over

## Awards:

Special trophies to overall male and female winners.  
Trophies to first three male and female finishers in each age group; no duplications.

## Location:

Start and finish will be Shiloh Center in Zion.  
There is plenty of free parking and rest rooms at run site.

Shiloh Center is located on the corner of 27th St. and Emmaus Ave., two blocks west of Sheridan Rd.

## Timing:

Electronic timing equipment will be used. Large digital display clock at the finish line.

## Aid Station:

Water will be available at start and finish and throughout the course.

## Refreshments:

Fresh fruit will be available to all runners at the finish of 5K run.

## Course Records:

5K Record  
Male: Victor Hugo Reyes 16:44  
Female: Jennifer Murray 20:43

## Additional Information:

Call Zion Park District (847) 746-5500  
T-Shirt Pickup: Race Day Only.

## ENTRY FORM

### JUBILEE DAYS 5K RACE

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

E-mail address \_\_\_\_\_

Age Day of Race \_\_\_\_\_ Sex: Male  Female

REGISTRATION CLOSING 15 MIN. PRIOR TO RACE

Shirt size - check One: S  M  L  XL

Signature \_\_\_\_\_ Applicant

The undersigned parent or guardian hereby consents to the applicants participation and waives and releases all rights and claims for damages as more fully set forth in this entry form.

Date \_\_\_\_\_

Signature \_\_\_\_\_  
Parent or Guardian if applicant is under 18 years of age.

MAIL TO:  
Jubilee Days Races  
Zion Park District  
2400 Dowie Memorial Dr.  
Zion, IL 60099

Zion Park District

### 5K WALK/RUN EVENT WAIVER AND RELEASE IMPORTANT INFORMATION

The Zion 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 Zion 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 is 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 Zion 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 Zion Park District, including its respective officials, agents, volunteers and employees (hereinafter collectively referred 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.