



**17th Annual Pretzel City 5k Run/Walk
Saturday, June 22, 2019 at 8:00 A.M.
Krape Park, Freeport, IL 61032**



Race Information:

1801 S. Park Blvd. Park entrance is intersection of Empire and Park Blvd. Check in at Gunkel Shelter adjacent to parking lot and Carousel.

Registration and Packet Pick-up Information:

\$25 for pre-entry through June 15, T-shirt & size preference guaranteed, No refunds for weather related cancelations
\$10 for kids 0-19 years old
\$22 For RRR members
\$30 For all late registration after June 15 (race day) no guarantee of shirt
Registration: 6:45-7:30 AM at Gunkel Shelter Bib/shirt pickup: 7:00-7:30 AM at Gunkel Shelter

Course Description:

Starting in the parking lot near mini golf and the baseball field, along Yellow Creek, past the Krape Park waterfall, and twin caves, over two scenic bridges then out the tree lined south entrance of the park and return. Time splits and water stations on course; refreshments and awards after the race. The course is certified by USA Track and Field (code IL-12088-JW) and recognized by RRCA. Chip timing will be provided by Real Time Inc.

Awards:

Medals to first overall male & female winner; three medals in each age bracket for male and female runners 0-8, 9-10, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

Additional Information:

Race will be held rain or shine. VOLUNTEERS are needed. Great opportunity if you need RRR circuit volunteer points. Contact: Berin Jackson 815-235-6114 x 109

Mail Entry Form and make Checks payable to:

Freeport Park District
P.O Box 417
Freeport, IL 61032

or

Register online at www.freeportparkdistrict.org
RRR receive \$3 discount with this coupon code: RRR

NAME: _____ AGE: _____ SEX: _____ PHONE: _____ Email: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____ DOB: _____

RUNNER: _____ WALKER: _____ T-shirt Size: Youth - S M L XL Adult - S M L XL XXL RRR Member? Y / N

Please read, and then sign this liability waiver and photo release:

As a participant (the parent/legal guardian of a minor participant), I recognize that there are risks of physical injury, and I agree to assume the full risk of any injuries (including death), losses or damages as a result of participating (allowing the minor for whom I am responsible to participate) in any and all activities described in this release. In consideration of Freeport Park District accepting my registration, I hereby for myself, my heirs, executors, administrators, agree to waive all claims I may have as a result of participating, traveling to and returning from any and all activities of the program against Freeport Park District, Rockford Road Runners, Real Time Inc and its officers, agents, volunteers, servants and employees. I release, indemnify, and hold harmless the Freeport Park District, its officers, agents, volunteers, and employees, from any and all claims from any source or person (including the minor participant) for injuries (including death), losses, expenses, or damages due to the participation herein requested and granted, as well as the traveling to and returning from the identified activities, or losses arising out of, connected with, or any way associated with the activities herein described. I understand that I or my child/ward may be photographed or videotaped while participating in the above program(s). I give my permissions for photos and videotape of me or my child/ward to be used to promote the Park District and that such photos and videos will be the property of the Freeport Park District. In the event of an emergency, I authorize Freeport Park District to secure medical treatment deemed necessary for my immediate care and/or the care of my child and I agree that I will be responsible for the payment of any and all medical treatment and services rendered.

Signature of Participant or Parent/Legal Guardian of Participant under the age of 18

Date