

# Complete Release and Waiver Form

*THIS ENTRY CONTAINS A RELEASE AND WAIVER: SIGNING IT DOES AWAY WITH ANY CLAIM FOR INJURY OR DAMAGE. To participate in the HERITAGE RUN 2 MILE RACE, 2 MILE WALK, 10 KILOMETER RACE and KIDS FUN RUN, on SUNDAY, APRIL 26, 2009 in ROCKFORD, IL, I accept all rules, conditions and regulations and will comply with them.*

Minor applicants will be accepted only with parent or guardian's signature.

I am aware that a run of 2 MILES or 10 KILOMETERS may be extremely difficult and hazardous for even well-conditioned athletes under the most favorable conditions. While the temperature during this time of year is usually comfortable for running, I am aware of the risk of adverse weather conditions. I understand that I should not participate in this event unless: (1) I am in excellent physical condition, (2) I have trained properly for this event, and (3) I have no medical condition that could likely be worsened by vigorous physical activity.

Knowing these facts, in consideration of your accepting my entry, and in reliance upon the information submitted herein by me, I hereby for myself, my heirs, executors, and administrators, waive, release, discharge and covenant NOT TO SUE any of the sponsors, all race officials and volunteers, OSF Saint Anthony Medical Center, YMCA of Rock River Valley, the city of Rockford, Rockford Park District, Stewart Square, Rockford Road Runners Inc., all medical personnel assisting in this Run, or any of them and any person connected with this event, their employees, representatives, successors and assigns, from any and all claims or liability for death or for damages for any and all injuries to me or my property, arising out of or in connection with my participation in this event. This Release extends to all claims of every kind and nature whatsoever, whether foreseen or unforeseen, known or unknown.

Finally, I hereby grant my irrevocable permission to sponsor and/or organizer and its authorized agents, to use my name and any photographs, video tapes, motion pictures, recordings, or any other record of my participation in this event for any purpose.

*Race officials reserve the right to remove those persons who appear to have medical problems during the race.*

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
PARENT/GUARDIAN IF UNDER 18

# OSF Heritage Run Sunday, April 26

## 10 Kilometer Run (6.2 miles)

1:00 p.m.

- Certified Course (IL-02022-JW)
- RRR Circuit Race
- Loop course, flat and fast
- Splits at every mile
- No dogs, strollers or in-line skates allowed

## 2 MILE RACE AND NON-COMPETITIVE FAMILY WALK

1:00 p.m.

- Certified Course (IL-03020-JW))
- RRR Circuit Race
- Out and back course
- Flat and fast
- Walkers, for your safety, please start in back of runners.

## KIDS FUN RUN

Approximately 2:30 p.m. after 10K completion

- For kids 12 and under
- 1/2 mile
- T shirts to first 100 entrants
- Ribbons to all finishers
- \$5 entry fee for kids run only

## Award Ceremony

Approximately 3:00 p.m.

## Parking

- Free parking available in MetroCentre Ramp, Church & Elm Streets
- Free parking in city lots and on streets

## Other information

- Water and medical aid on course.
- Door Prizes to preregistered runners.
- Refreshments for runners.
- Award ceremony begins at approximately 3 p.m.



OSF Heritage Run  
Sunday, April 26

Return Service Requested

Big Brothers Big Sisters  
YMCA of Rock River Valley  
200 Y Boulevard  
Rockford, IL 61107-3094



April 26, 2009  
OSF Saint Anthony Medical Center  
10K / 2 Mile Run Rockford, Illinois

## 2009 RRR Circuit Races

1 p.m. Start  
Downtown  
Rockford  
Sunday, April 26  
Proceeds benefit  
Big Brothers  
Big Sisters

Non-Profit  
Organization  
U.S. POSTAGE  
PAID  
ROCKFORD, IL  
PERMIT NO. 1932

