

WAVIER

(Must be signed to enter)
As a condition of the acceptance of my entry into the "Knights on the Run", 5 K and/or Fun Walk/Run and/or 100 Yard Squire Run on Saturday, October 1, 2010 in Belvidere, Illinois. I, on behalf of myself, my heirs, executors and administrators, waive, release, and covenant not to bring suit against Immanuel Lutheran Church and School, any sponsors, race officials, volunteers, or persons connected with the event, their employees and representatives, for any injuries to me or my property arising out of, or in connection with, my participation and/or my minor child/ward participation) in this event.

I accept all rules and will comply with them. I am aware that a run may be difficult and hazardous even for well conditioned athletes under the most favorable conditions. I represent that I am medically able to run and participate in the event. I assume all risks associated with running this this event including but not limited to falls, contact with other participants, and the effects of weather, including high heat and humidity, the traffic, and road conditions. I grant permission to Immanuel Lutheran Church and School and sponsors to use photographs, motion pictures, recordings of any other record of this event for any of their legitimate purposes.

Signature

Date

Signature of Parent if runner is under 18

CHECK OUT OUR EXPO!!



ILS
Gymnasium
October 1
7:30 AM to
1:00 PM

Rockford Health—Audiology
Target Optical
Heart & Sole Reflexology
Fire Safety Smoke House
Anytime Fitness
Herbal Supplements
Javurek Chiropractic
LTM Water
Arthritis Association
Wildtree Health Food
Tastefully Simple
and many more!!

FREE ADMISSION

IMMANUEL LUTHERAN

1225 E. 2nd Street
Belvidere, IL 61008
815-544-8058
www.immanuelknights.org



KNIGHTS ON
THE RUN 5K
OCTOBER 1, 2011



5 K EVENT DETAILS

DISTANCE: 5 K (3.1 Miles)

LOCATION: Immanuel Lutheran
1225 E. 2nd Street
Belvidere, IL 61008

START TIME: 8:00 AM

RACE DAY REGISTRATION:
7 to 7:45 AM

COURSE: Mostly Hard surface (street
or sidewalk)

1 MILE FUN WALK/ RUN EVENT DETAILS

Family Friendly Event

DISTANCE: 1 Mile

LOCATION: (same as above)

START TIME: Immediately following 5K
(time approximate 9:30 AM)

RACE DAY REGISTRATION:
7 AM to 9:00 AM

100 YARD DASH SQUIRE RUN

COURSE: Immanuel Perimeter
For children 10 and under—this run
will begin at approximately 10:00 AM
Medals will be awarded to all runners.

REGISTRATION & AWARDS

ENTRY FEE:

(Postmarked by September 14)
\$25.00 5K (Includes T-Shirt & Medal)
\$15.00 Fun Walk/Run (Includes T-Shirt)
\$20.00 Family Fun Walk/Run (No T-Shirt)
\$5.00 Fun Walk/Run (No T-Shirt)

(Postmarked after September 14 and
day of race)
\$30.00 5K (No T-Shirt/No Medal)
\$15.00 Fun Walk/Run (No T-Shirt)

The 100 Yard Dash Squire Run is a free event,
(no t-shirt) however a registration form and
wavier must be filled out.

Additional Registration Forms may be found on
line at www.immanuelknights.org.

- T-Shirts to those who pre-register
(Excluding Family Rate)
- Complimentary food and water

T-SHIRT SIZE

ADULT: S M L XL

YOUTH: M L

(Additional T-shirts can be ordered for \$12.00 —
must be ordered by September 14)

TOTAL: AMOUNT ENCLOSED _____

(Make check payable to ILS 5K Run)

MAIL REGISTRATION AND PAYMENT TO:

Immanuel Lutheran School
1225 E. 2nd Street
Belvidere, IL 61008

REGISTRATION FORM

NAME

ADDRESS

PHONE

BIRTHDAY

AGE

EMAIL

PLEASE CHECK EVENT(S) YOU ARE ENTERING:

- 5K Race
 One Mile Fun/Run
 100 Yard Squire Dash

Childcare is available for children of race partici-
pants who are between the ages of 2 and 10.
You must be pre-registered. Please see separate
registration/wavier form. Minimal fee.

IMMANUEL LUTHERAN

Registration packets can be picked up
on Friday, September 30 in the small
gym (use door #5 off second street,
between 2:30 and 6:00 p.m. or they
can be picked up the day of the race.