

WOOD DALE PARK DISTRICT

WAFFLE

5K SHUFFLE

Saturday, June 10, 2017

WAFFLE 5K SHUFFLE WAIVER AND RELEASE IMPORTANT INFORMATION

The Wood Dale 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 Wood Dale 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 (Park District/SRA) 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 Wood Dale 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.



WOOD DALE
PARK DISTRICT

111 E. Foster Ave
Wood Dale, IL 60191
630-595-9333 / Fax: 630-595-9699

wdparks.org

The Wood Dale Park District **Waffle 5K Shuffle** is here! This race/walk is designed for all ages, all levels of fitness and running skills. The race will start at the intersection of Grove and School Street and end at the intersection of Mittel Dr. and Wood Dale Rd. Waffles and post race activities will be located at Franzen Grove Park.

Proceeds from the **Waffle 5K Shuffle** will be deposited into a financial assistance/scholarship program to help low income families in Wood Dale participate in Park District programs.

RACE DETAILS

Time & Registration

Starts promptly at 8:30 am rain or shine.

Check-In at the Registration Tent between 7:00 – 8:15 am.

Day of Race Registration Fee is \$35 between 7:00 – 8:15 am. (*cash or check only*)

Pre-register and save! Mail in your completed registration form, visit us at the Recreation Complex before June 2nd or go to <https://www.signmeup.com/117285>

Age Brackets and Awards

A complimentary waffle will be served to each participant crossing the finish line. Overall male and female winners will each receive a medal.

Male	Female	Award
14 & Under	14 & Under	1st, 2nd and 3rd place in each category will receive a medal.
15 – 19	15 – 19	
20 – 29	20 – 29	
30 – 39	30 – 39	
40 – 49	40 – 49	
50 – 59	50 – 59	
60 – 69	60 – 69	
70 & Over	70 & Over	

Runner Packets

Packets may be picked up on:

Thursday, June 8th, 10 am - 10 pm

Wood Dale Park District Recreation Complex
111 E. Foster Ave., Wood Dale, IL

Friday, June 9th, 8:30 am - 12 noon

Wood Dale Park District Recreation Complex
111 E. Foster Ave., Wood Dale, IL

Saturday, June 10th, 7:00 - 8:15 am

Race Day Registration Tent

Timing and Results

The Wood Dale Park District will be using chip timing for this year's race results. Results will be posted on the Park District web site after the race is complete. Results will also be posted immediately following the race conclusion.

Safety

For safety reasons, pets, roller blades, bicycles or skateboards of any kind will not be allowed during the 5K run/walk. Persons with strollers will be required to line up in the back of the starting line.

Police and volunteer marshals will staff intersections and direct traffic, however, the course will not be completely closed to traffic.

YOU CAN VOLUNTEER! We need help at the Waffle 5K Shuffle.

There are many positions to fill and each one will help make the race a success. Here are some examples: water distribution, Course Marshall, registration table greeters and refreshment table servers.

Please call 630-595-9333 for more information.

WOOD DALE PARK DISTRICT 2017

WAFFLE 5K SHUFFLE

Registration Form

Name _____

Age on 6/10/17 _____

DOB ____/____/____/

Phone _____

Email _____

Address _____

City _____ Zip _____

Male Female

T-shirt size: Adult S M L XL 2XL
Youth YS YM YL

*T-shirt not guaranteed without pre-registration.

Pre-Registration ends 6/2/17 at 9:30 pm.

Pre-Registration Fees: Adult: \$30
Student (K - 12th grade): \$10
Group: \$25*

**Group fee is per person for Groups of 3 or more who register at the same time. (excludes student rate)*

Day of Race Fee: \$35

Race Series Fee: \$75

***Race will be held rain or shine.
Registration fees are non-refundable.***

Submit completed registration form with check made payable to Wood Dale Park District. *Groups must fill out one application per person and submit payment together.*

Mail or drop off registration forms to:

Wood Dale Park District
Attn: Kristina Sromek, Race Director
111 E. Foster Ave.
Wood Dale, IL 60191

Wood Dale Recreation Complex Registration Hours:
Mon - Fri: 8:30 am - 10 pm, Sat/Sun: 8 am - 3 pm

Please read the Waiver and Release information on the back of this form before you sign.

Participant's Name _____
(Print)

Signature _____
(Parent or Guardian's Signature if under 18)

Date _____