

HUDSON LIONS PROWL 5K & KIDS FUN RUN

Saturday, July 20, 2019 8:00 a.m. - Veterans Park at 209 Front Street in Downtown Hudson

RACE: 5k consisting of a mostly flat course with a few slight hills
5k starts at 8:00 a.m.
Water stop along course
Kids ½ Mile Fun Run for **ages 10 and under** at 9:00 a.m.
Post-Race hydration and snacks for all registrants



AWARDS: 5k Overall Male/Female will receive trophies
Male and Female Age Group Awards for top 3 finishers
(14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60+)
All Kids Fun Run participants will receive a ribbon

REGISTRATION/ENTRY:

5k Participants registered by June 27th will receive a race t-shirt. Shirts are not guaranteed for late/race day registration.
5k Fee: \$25 per person.

Kids ½ Mile Fun Run (**ages 10 and under**): Free (Waiver signed by parent/guardian required)

5k CHECK-IN/PACKET PICKUP:

7:00 - 7:45 a.m. Saturday, July 20 at Veterans Park

Race Day registration is available; however, shirts are not guaranteed for registrations received after June 27th.

KIDS FUN RUN REGISTRATION/CHECK-IN

8:45 a.m. Saturday July 20 at Veterans Park. Parent/Guardian must sign waiver.

Contacts are: Scott Hussemann 309-706-2056 email scottrunn@gmail.com ;
Deanne Hussemann 815-954-4628 email deanne714@gmail.com

HUDSON LIONS PROWL 5K RUN

July 20, 2018 8:00 AM at Veterans Park at 209 Front Street in Hudson

ONLINE REGISTRATION AT:

<https://www.runrace.net/findarace.php?id=192011L>

FIRST NAME _____ LAST NAME _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
EMAIL _____ PHONE _____ AGE (on 7/20/19) _____
BIRTHDATE _____ (CIRCLE ONE) MALE FEMALE

___ \$25 5K ENTRY

\$___ I do not want to run, but I would like to make a donation to the Hudson Lions Club

SHIRT SIZE: **ADULT:** S M L XL XXL **YOUTH:** S M L (Shirts only guaranteed for 5k registrations received by June 27th)

I know that running or walking in a road race is a potentially dangerous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running or walking in this event including, but not limited to contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone on my behalf: waive and release Hudson Lions Club, the Village of Hudson, and all race sponsors, supporters and officials, their representatives and successors from all claims of liabilities of any kind arising out of this event for any legitimate purpose.

SIGNATURE _____ DATE _____

* Parent Signature needed if under 18

Mail the completed registration form to: Hudson Lions Club, PO Box 406, Hudson IL 61748

HUDSON LIONS PROWL KIDS FUN RUN

July 20, 2018 9:00 AM at Veterans Park at 209 Front Street in Hudson

ONLINE REGISTRATION AT:

<https://www.runrace.net/findarace.php?id=192011L>

CHILD NAME _____

PARENT/GUARDIAN NAME _____

AGE (on 7/20/19) _____

BIRTHDATE _____ (CIRCLE ONE) MALE FEMALE

I know that running or walking in a road race is a potentially dangerous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running or walking in this event including, but not limited to contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone on my behalf: waive and release Hudson Lions Club, the Village of Hudson, and all race sponsors, supporters and officials, their representatives and successors from all claims of liabilities of any kind arising out of this event for any legitimate purpose.

SIGNATURE OF PARENT/GUARDNIAN _____ DATE _____

Mail the completed registration form to: Hudson Lions Club, PO Box 406, Hudson IL 61748