



Ride the Wave Registration 2019

Wednesdays at 5:30 pm, 2/27/19-5/1/19

Name: _____ DOB: _____ Gender: M F

Address: _____ City/State/Zip: _____

Email: _____ Phone #: _____

Emergency Contact: _____ Contact's Phone #: _____

Shirt Size (tech shirt) S M L XL XXL

Women's Specific Size S M L XL XXL

What pace can you comfortably run 3 miles at? _____

What is your goal for joining this program? _____

I would like to receive text updates Yes No

Lake Run Division

Half Marathon

12K/7.44 mile

7K/4.37 mile (Catch the Wave default run)

I am not racing (and will not receive a race shirt)

Foot Pounder Option

Please check off below if you meet the requirements for this division and would like to be registered for one of the foot pounder categories at the Lake Run. Foot pounder categories are purely optional.

Foot Pounder Category for any of the 3 races: Men > or = 220lbs; Women > or = 180lbs

Foot Pounder Light Category for any of the 3 races: Men 190-219lbs; Women 150-179lbs

Lake Run Club Membership

(You must be a Lake Run Club member to participate in RTW)

Are you a 2019 Lake Run member?

_____Yes

_____No, please add/renew me as a member (\$20)

_____No, please add /renew my family as a member (\$25)

WAIVER

I know that running [volunteering for] a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, 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. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Lake Run Club, RTW, CTW, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature _____ Date _____

Cost:

\$50 (until 2/27/19) _____

\$60 (after 2/27/19) _____

Lake Run Membership Renewal _____

Total _____

**Cash/Check accepted for mail in registrations. Make checks payable to Lake Run Club.
Charge - must be done online for a small fee.**

**Checks and registration may be mailed to: Jill Usiak, 1321 Limerick Lane, Normal, IL, 61761
For more information, visit www.lakerunclub.org/training/ride-the-wave**