

The Lake Run Club Presents: **HEAT WAVE** Women's Summer Running Program

2019 Registration Form

LAST NAME: (please print)	FIRST NAME:		
ADDRESS:	CITY:	STATE:	ZIP:
PHONE:	EMAIL:		
DATE OF BIRTH:	TECH SHIRT SIZE:		

HEAT WAVE Program Information

The Heat Wave program includes an 8 week training program, experienced leaders for support and encouragement, and a technical shirt.

Heat Wave encourages participants to work toward a goal to Run Faster, Run Farther, or Have Fun. Our leaders are equipped to work with runners and walkers of all paces and will be grouped according to pace. This year, we will work toward a collective goal to log 1,500 group miles!

Participants can earn miles by attending our Heat Wave group runs at the Old Amtrak Station in Uptown Normal Mondays June 10-July 29 @ 5:30pm or by running with 1 or more Heat Wave participants.

All paces and abilities welcome! Strollers are allowed in all pace groups!

HEAT WAVE FEES

Lake Run Club Members	\$50
All Others	\$60

Please make checks payable to Lake Run Club.

NO REFUNDS ONCE PROGRAM BEGINS.

Mail check and completed registrations to the Lake Run Club, PO Box 742, Normal, IL 61761 or drop off at Often Running, 206 S. Linden, Normal, IL 61761.

Have a question? Kate Browne at lrcheatwave@gmail.com or Mitch Hobbs at (309) 452-7749

Waiver:

I know that a running program and 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 in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Lake Run Club, Heat Wave, Often Running 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

Guardian's Signature if under 18 / Date