



Lake Run Club - Wave Runners' Registration
Wednesdays at 5:30 pm, 2/26/2020-5/2/2020

Wave Runners - 3 different training groups to help you achieve your running goals.

- Loopers - for those looking to start running with short run/walk intervals
Pacers - for those who have been running a little and can handle longer run/walk intervals
Lakers - for those who can currently run 3 miles consistently and want to run farther or faster

Cost:

\$75 (until 2/26/19)
\$85 (2/27-3/4, last day to sign up is 3/4/20)
-\$20 if you are Current LRC Member
-\$10 each person when you sign up with a friend at our Waver Valentine's Special Sat. 2/15/2020

Program price includes:

- 2020 Lake Run Club membership
10 weeks of guided training runs from seasoned runners on Wednesday evenings.
Training Plan for your desired race distance - 7K or 12K
Entry into the Lake Run on 5/2/2020
Program t-shirt

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender M F

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Contact's Phone #: \_\_\_\_\_

Unisex Shirt Size S M L XL XXL

Women's Specific Size S M L XL XXL

Can you run 3 miles w/out a walk break? Yes or No

If yes, what pace is comfortable? \_\_\_\_\_ min/mile

What is your goal for joining this program? \_\_\_\_\_

I would like to receive text updates \_\_\_\_\_ Yes \_\_\_\_\_ No

Lake Run Race Division

\_\_\_\_\_ 7K/4.37 mile (Default for run/walk groups)

\_\_\_\_\_ 12K/7.44 mile

\_\_\_\_\_ Half Marathon

\_\_\_\_\_ I will not be running the Lake Run

Foot Pounder Option

Please check 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 race. Foot pounder categories are purely optional.

\_\_\_\_\_ Foot Pounder for any of the 3 races:

Men > or = 220lbs; Women > or = 180lbs

\_\_\_\_\_ Foot Pounder Light for any of the 3 races:

Men 190-219lbs; Women 150-179lbs



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**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 rising 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:**

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\$85 (2/27-3/4, last day to sign up is 3/4/20) \_\_\_\_\_

-\$20 if you are Current LRC Member \_\_\_\_\_

-\$10 each person when you sign up with a \_\_\_\_\_

friend at our Valentine's Special - Sat. Feb. 15 \_\_\_\_\_

**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