



Clinton Lake 5k Trail Run

Registration Form

August 17th, 2019

8:15 am

Clinton Lake SRA / Mascoutin Beach Clinton, IL

PLEASE PRINT CLEARLY

Name _____

Address _____

City _____ State _____ Zip _____

Phone # _____ Emergency Contact/# _____

Age as of race day _____ Email _____

_____ **Entry (\$25.00)**

Adult Shirt Size: S M L XL XXL

Youth Shirt Size: S M L XL

\$ _____ Received Entry Fee:

You may send your completed registration form, signed, waiver, and a check made payable to:

Clinton Community YMCA
417 S. Alexander Street
Clinton, IL 61727

****ALL PARTICIPANTS MUST SIGN THE LIABILITY WAIVER ON BACK****

Submit the completed form with waiver and payment by August 19th to the YMCA

LIABILITY WAIVER

2019 Clinton Lake 5k Trail Run

I hereby affirm my desire to participate in the 5k Trail Run on Saturday, August 17th, 2019 at 8:15am sponsored by the Clinton Community YMCA.

Realizing that there is risk in this activity and in consideration of my being allowed to participate in this activity, I personally assume all risks in connection with the 5k Trail Run. I further agree to release and hold harmless the Clinton Lake State Recreational Area, the Board of Directors of the Clinton Community YMCA, the Clinton Community YMCA, their officers, agents and employees from any and all claims and liabilities of any type whatsoever and for damages to, loss or destruction of any property or injury, sickness, or death which may now or hereinafter arise out of, result from, or in any way be connected with my participation in the above mentioned Clinton Lake 5k Trail Run.

I further state that I am lawful age and legally competent to sign this release; that I understand the terms herein are contractual and not a mere recital; and that I have signed this document as my own free act.

I understand that a medical examination to assure myself of physical fitness is desirable, that obtaining such an examination is my own responsibility, and assume my own responsibility of physical fitness and capacity to participate in such event, and I am physically fit.

I hereby agree to comply with all the rules and regulations and event instructions of the Clinton Lake 5k Trail Run. I also give permission for the free use of my name and picture in any media account of promotion of this event. Finally, I agree that in the event of race disqualification, or my failure to attend, my entry fee shall not be refunded.

Participant Signature

Date

Parent Signature (if applicable)

Submit the completed registration form with waiver and payment by August 17th to the Clinton Community YMCA.