



Sponsored by LWN Music Boosters

# GET YOUR RUN ON!

LWN High School  
(Harlem & Vollmer Streets)

**Saturday, October 24, 2015**

## LWN School & Frankfort Square Trail 5K Run/Walk

### Schedule of Event

8:00 - 9:00 am: Pre-Race Registration at LWN High School Stadium  
9:15 am: Pre-Race Presentation & Warm-Up  
9:30 am: Start time of 5K Run for Runners  
9:40 am: Start time of 5K Run for Walkers  
11:00 am: Awards Presentation

NEW\*\*USATF CERTIFICATION PENDING\*\*

Route & Registration Information on

Our Website: [www.lwnmusic.org](http://www.lwnmusic.org)

**NEW!**  
**ON LINE REGISTRATION AVAILABLE!**  
Visit:  
<https://runsignup.com/Race/IL/Frankfort/>  
**"SIGNUP"!**

## 5K RUN/ WALK INFORMATION

- All participants receive a T-shirt (T-Shirts are guaranteed to all pre-registered participants by 10/03)
- **Fees: Pre- Registration through 10/3: \$25.00 Adult & \$15.00 Student, after 10/3 through day of event; \$35.00 Adult & \$25.00 student. Mail check and completed form to LWN Music Boosters, 19900 S. Harlem Ave., Frankfort, IL 60423 – Attn. Miles for Music 5K. (Please make checks payable to: LWN Music Boosters). No refunds.**
- **Pre-Registered applicants should check in no later than 8:30 AM to insure accurate start time of race.**
- Split times are announced at the first & second mile and at the finish of the race.
- Awards are given to the top male & female finishers in each age category.
- Water is available on the course.

## REGISTRATION INFORMATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Signature: \_\_\_\_\_

Parent's or Guardian Signature (if under 18 years old): \_\_\_\_\_

**(One form per participant. Photocopies are accepted. No refunds. Please check all boxes)**

Sex: ☐ Male ☐ Female

Event Participation: ☐ 5k Run ☐ Walk

Age: ☐ 14 & under ☐ 15-19 ☐ 20-29 ☐ 30-39

☐ 40-49 ☐ 50-59 ☐ 60-69 ☐ 70-79

Size: ☐ Small ☐ Med ☐ Lg ☐ XL ☐ 2XL ☐ 3XL

**(Adult Sizes)**

Date: \_\_\_\_\_

Waiver: I know that running and/or walking a road race is a potentially hazardous 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 course. I assume all risks associated with this event, including, but not limited to: falls; contact with other participants; the effects of the weather; traffic; and 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 this entry, I hereby for myself, heirs, executors and administrators waive any and all claims I may have for damages against the LWN Music Boosters and all sponsors and individuals associated with the events, their representative and successors, and assigns for any and all injuries suffered by me in connection with this event, including pre- and post-race activities. Hereby grant permission to the LWN Music Boosters and its authorized agents to use my name and photographs, videotapes, motion pictures, recording or any other record of my participation in this event for any purpose. There is a \$25.00 fee for all returned checks.