



2013 Rock Gut/Fat Bottom 10/20/30 Mile Runs

November 30th 2013 – 8am Start – 4 pm End (note park closes at 5pm)

Start at Rock Cut State Park-Olson Lake parking area.

This is a free run and open to all.

Questions Contact: William Boyle - event director – 815-985-5639

***Bring a dish or treat to share and new this year we are going to have a shirt grab bag! Please bring 1 or 2 old/new race shirts to put in the grab bag and you can try your luck and pull a new one out for yourself.**

***Please note we will have water on the course, but no cups bring your own bottle and whatever nutritional items that you might need.**

The course will be marked.

Waiver & Release: I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club agree to abide by them. I assume all risks associated with participating in this clubs group activity which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road and trails, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed to be used in club organized activities and I agree to abide by this rule. Having read this waiver and knowing these facts and inconsideration of your accepting my participation, I, for myself and anyone entitled to act on my behalf, waive and release the Rockford Road Runners and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, 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 for any legitimate promotional purposes for the club.

Print Name: _____

Signature: _____ Date: _____

Parent's Signature if under 18 years: _____ Date: _____