



Rockford Road Runners

2013-2014

Tour de Trails

6 Mile Trail Run

Sat. January 18, 11:00am-Lockwood Park Trailside Center

Will be run in any weather subject only to Park District closure of park and or trails; no refunds.
 This is the second of four races being planned for this winter season.
 More information email TourdeTrails@rockfordroadrunners.org or call Tom Lichty 815-393-4291

Adults \$20 (\$7 discount to RRR members)

Student \$10 (18 & younger) (\$3.50 discount to RRR members)

Day of Race Registration \$30

To receive the discounted entry fee include your Rockford Road Runner membership.
 RRR Memberships: Individual \$20 Couple/Family \$25 Student \$15

Awards- 1st place overall female/male

Award Certificates for 1st-3rd place in 5 year age groups

Tour de Trails hats for all participants!

Post race refreshments Hot Chocolate, cookies, water. Participants bring your favorite treat and share.

Packet Pickup 8:30-10:45am race day at Lockwood Trailside Center - 5201 Safford Rd. Rockford, IL

Register online at <https://runsignup.com/Race/IL/Rockford/2TourdeTrails>

Race Day Registration 8:30-10:00am

Checks Payable: "Rockford Road Runners" Mail entries to: Rockford Road Runners Tour de Trails, P.O.Box 7991, Rockford, IL 61126

Name _____ Gender F M Age ____ DOB: ____ / ____ / ____

Address _____ City _____ St. _____ Zip _____ MM/DD/YEAR

Email _____ Phone (_____) _____

WAIVER AND RELEASE

I know that running [volunteering for] a trail or 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 attest that I have read the rules of the race and agree to abide by them. 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 cold, ice, snow, high heat and/or humidity, traffic and the conditions of the trails and road, all such risks being known and appreciated by me. I understand that bicycles, baby joggers, animals, and personal music players are not allowed in the race and I will abide by all race rules. 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 Rockford Road Runners, Road Runners Club of America, Rockford Park District, and all event 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.

Print Name _____ Signature _____ Date _____

(Parent or Guardian Signature if under 18 years)

Rockford Road Runners

Tour de Trails

Sat. December 21, 2013 at 11:00am - Rock Cut State Park

Sat. January 18, 2014 at 11:00am - Lockwood/Page Park

Sat. February 15, 2014 at 11:00am - Lockwood/Page Park

Sat. March 15, 2014 at 11:00am - Rock Cut State Park

Information

Packet Pickup: Lockwood Trailside Center - 5201 Safford Rd. Rockford, IL

Race Day Registration: Race Day Registration 8:30-10:00am Lockwood Trailside Center - 5201 Safford Rd. Rockford, IL

Parking: Parking in designated areas.

Course Map: Course map will be posted soon visit RRR race calendar to view at www.rockfordroadrunners.org

Awards: 1st place female/male & 5 year age groups - Award Certificates 1-3 place will be personalized and mailed the week following the event.

Refreshments: Hot Chocolate, water cookies... Participants bring your favorite treat to share

All Preregistered Participants will receive RRR Tour de Trails hat.