★ **Date:** Thursday, July 4th, 2013

★ **Location:**
McCarthy Park, 16801 S. 80th Avenue
Tinley Park, IL 60477
No dogs allowed

★ **Time:**
Race will start promptly at 8:00 a.m. Day of race registration will take place 7:00-7:45 a.m., rain or shine.

★ **Distance:** 5K-3.1 Mile Run

★ **Chip Timed:** Yes

★ **Certified:** Yes

★ **Age Categories:**
9 & under; 10-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65 & Over

★ **Course:**
Mostly residential, on street, some pathway areas around retention pond near the finish line.

★ **Split Times:**
Split times will be announced at the 1 and 2 mile marks.

★ **Water:**
Water will be available before and after the run, and at the 1 and 2 mile marks.

★ **Refreshments:**
Refreshments will be available: water, orange juice, coffee, fresh fruit, rolls, and cereal bars.

★ **T-Shirts:**
First 550 registered runners will receive a T-shirt.

★ **Awards:**
Awards will be presented to 1st, 2nd, and 3rd best times in each category both male/female. One award will go to the best overall time male/female resident and non-resident.

★ **Entry Fee:**
Pre-registration fee is $19.00 with shirt and $16 without shirt and closes on June 28th at 3 p.m.
$30.00 Race Day (with/without shirt)

★ **Registration:**
Mail in or walk-in registration accepted until June 28th at 3 p.m.

• Walk-in •
Tinley Park-Park District
8125 W. 171st Street

• Office Hours •
Monday-Friday: 7:00 a.m.- 9:00 p.m.
Saturday: 8:00 a.m. - 4:00 p.m.
Sunday: 8:00 a.m. - 3:00 p.m.
Phone (708) 342-4200

★ **Packet Pick-Up:**
Pre-registered runners may pick up their packets June 29 - 30 at the Recreation Center between 8:00 a.m. - 3:00 p.m.

★ ★ ★ Tinley Park-Park District Official Entry Form 2013 ★ ★ ★

Name _____ Home Phone ( ) _____ Work Phone ( ) _____

Address _____ City/State/Zip _____

Birthdate _____/_____/_____ Age as of 7/04/13 _____ ☐ Check here for Walker Category

Sex	Age Category				T-Shirt Size (check one)
☐ male/206691	☐ 9 & under / A	☐ 25-29 / E	☐ 45-49 / I	☐ 65 and Over / M	Adult
☐ female/206692	☐ 10-14 / B	☐ 30-34 / F	☐ 50-54 / J		☐ S ☐ M ☐ L
	☐ 15-19 / C	☐ 35-39 / G	☐ 55-59 / K		☐ XL ☐ XXL
	☐ 20-24 / D	☐ 40-44 / H	☐ 60-64 / L		

Fee Enclosed: (Circle One):
$19.00 with shirt until June 28
$16.00 without shirt until June 28
$30.00 Race Day (with/without shirt)

Make checks payable to:
Tinley Park-Park District
NO REFUNDS!

Mail To:
TINLEY PARK-PARK DISTRICT
8125 W. 171st St., Tinley Park, IL 60477
Fax: (708) 342-4290

WAIVER & RELEASE FORM

Please read this form carefully and be aware that in signing up and participating in Tinley Park-Park District programs you will be waiving and releasing all claims for injuries, arising out of these programs, that you or the other named participants might sustain. The terms "I", "me" and "my" also refer to parents or guardians as well as participants in the programs. In registering for these programs, you are agreeing as follows:

As a participant in these programs, I recognize and acknowledge that there are many certain risks of personal injury and I agree to assume the full risk of any injuries, damage or loss which I may sustain as a result of participating in any manner, in any and all activities with or associated with such program. I further recognize and acknowledged that all activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risk of injury.

I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against the Tinley Park-Park District, any and all participating or cooperating governmental units, any and all independent contractors, and any and all other persons and entities, of whatever nature, might be directly or indirectly liable for any injuries that I might sustain while participating in these programs. (The parties described in the preceding sentence are referred to as "release parties" in the remainder of this Agreement.)

I do hereby fully release and discharge the Tinley Park-Park District and the other release parties for any and all claims for injuries, damages or loss which I may have or which may accrue to me on account of my participating in these programs.

I further agree to indemnify, hold harmless and defend the Tinley Park-Park District and all other released parties from any and all claims resulting from injuries, damages and losses sustained by anyone, arising out of, contacted with, or in any way associated with my conduct and the activities of these programs.

I further understand and agree that the terms such as "participation", "programs", and "activities", referred to in this agreement include all exercises and physical movements of any nature while I am participating in these programs and further include the provision of or failure to provide proper instruction of supervision, the use and adjustment of any and all machinery, equipment, and apparatus, and anything related to my use of these services, facilities, or premises involved in these programs, and transportation to and from any events.

I understand the nature of these programs for which I am registering, and have read and fully understand the Waiver, Release and Hold Harmless Agreement. I fully understand that any advisements or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become part of this Agreement.

Signature _____ Fee $_____Date_____Race # _____

Parent or Guardian MUST sign if Participant is under the age of 18.

Credit Card _____-_____-_____-_____ Expiration Date_____/_____ CVC_____ (Not available)

Past participants may register online at www.tinleyparkdistrict.org

Cash and checks only on race day!

Stars & Stripes 5K Walk / Run

July 4, 2013 ★ 23rd Annual

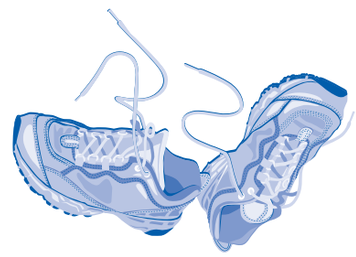
Presented by:

TINLEY PARK PARK DISTRICT

WALTS FOOD CENTERS 75 years

COME BACK FOR THE 4TH OF JULY EVENTS

4:00 PM - 9:00 PM ★ Refreshments ★ Bands ★ Fun ★ Games & more **9:15 PM** ★ Fireworks Extravaganza



CURRENT RESIDENT OR

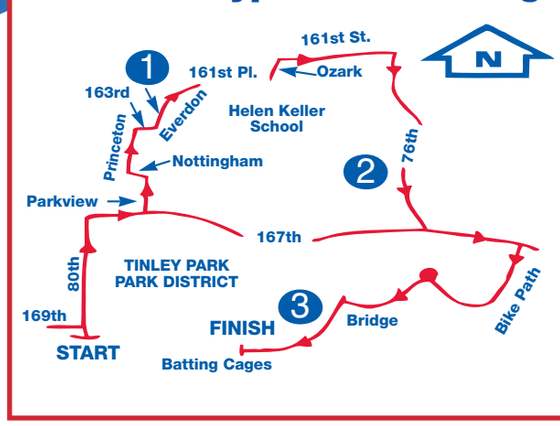
TINLEY PARK PARK DISTRICT
8125 W. 171st Street
Tinley Park, IL 60477

PRESORTED
STANDARD
U.S. POSTAGE
PAID
PERMIT NO. #51
TINLEY PARK, IL

McCarthy Park

8 a.m. start

www.tinleyparkdistrict.org



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