



HEALTHY STEPS

Run to Fund Healthcare for Disadvantaged Children

www.mosbrookdesign.com

June 11, 2011
Riverside, IL 60546

7:30 am 5K Road Race/2 Mile Walk
8:45 am 3/10 mile Fun Run for Kids 10 and Under!



Registration Mail-in + Internet through May 30th for discounted race rates
Registration + Check in-Day of race 6:45-7:15am

Support your community by registering today for the Riverside Auxiliary Chapter Infant Welfare Society of Chicago Healthy Steps.

Join your friends and neighbors as we run in the beautiful Historical Area of Riverside.

Where: Starts in front of the Riverside Swim Club located at the intersection of Barrypoint + Bloomingbank Roads.
 Race packets can be picked up the day of the race from 6:30am until 7:15am In front of the Riverside Swim Club located at the intersection of Barrypoint + Bloomingbank Roads (t-shirt is included in the price of registration by May 30, 2011).

Proceeds from the race will benefit:



For more information
www.riversideinfantwelfare.org

Do you have questions or want to volunteer?
Contact Beth Gazzola
(708) 447-8407

Return forms and payment to: Healthy Steps 5K c/o Gail Seeger, 185 Gage Rd., Riverside, IL 60546.

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NAME PLEASE TYPE OR PRINT CLEARLY GENDER

ADDRESS

CITY STATE ZIP

PHONE E-MAIL

ADULT: XS S M L XL XXL

EARLY REGISTRATION FEE:
 5K 35.00 **2 MILE WALK** 35.00 **CHILD** 10.00

AGE (EVENT DAY) T-SHIRT SIZE

AFTER MAY 30TH /DAY OF RACE:
 5K 40.00 **2 MILE WALK** 40.00 **CHILD** 15.00

YOU MUST FILL OUT A FORM FOR EACH PERSON.

TOTAL AMOUNT:

PAYMENT INFORMATION: Cash Check Visa Mastercard

Make check payable to Riverside Auxiliary Chpt. Infant Welfare Society of Chicago or provide credit card information and **fax form to (708) 443-5283**. Your canceled check is your receipt. The Auxiliary of Infant Welfare Society of Chicago is a tax exempt organization 501(c)(3) ID #20-1257109

CARD NUMBER EXP. DATE CSV CODE

NAME (AS IT APPEARS ON CARD)

SIGNATURE (I AGREE TO PAY ACCORDING TO THE CREDIT CARD ISSUER AGREEMENT) DATE

Liability Waiver (must be signed to participate in the Riverside Auxiliary Chapter Infant Welfare Society of Chicago "Healthy Steps 5K Race")
 I recognize that running a road race is a potentially hazardous activity. I have read the race flyer and am familiar with the course, procedures, and rules. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race officials relative to my ability to safely complete the run. 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, snow, and/or ice, high heat and/or humidity, traffic and the 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 your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers of the Healthy Steps for the Infant Welfare of Chicago Society 5K Run/Walk, its directors, officers, staff, and volunteers, the city of Riverside, IL and its employees, (Race Time, Inc.) and its employees, and all 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. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. For runners safety, I understand that headsets, bicycles, scooters, and roller blades are prohibited. Strollers and dogs (on a short leash) are allowed. **I ALSO UNDERSTAND THAT THERE ARE NO REFUNDS FOR THIS EVENT.**

SIGNATURE OF PARTICIPANT (PARENT OR GUARDIAN IF UNDER AGE 18) DATE

