

## Run/Walk Event Waiver & Release

### Warning of Risk

Running and power walking are intended to challenge and engage the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, mental advice, conditioning and equipment, there is still a risk of serious injury, including death. Understandably, not all hazards and dangers can be foreseen. The very nature of road racing is hazardous and risky, including but not limited to overexertion, dehydration, slip and fall, collisions with other participants, the effects of weather, dangerous conditioning, poor training technique, and all other circumstances inherent in running/walking events. In this regard, it must be recognized that it is impossible for the Frankfort Park District to guarantee absolute safety.

### Important Information

The Frankfort Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Frankfort Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this activity must recognize that there is an inherent risk of injury when choosing to participate in running/walking events. You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for road race participating. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity. You are solely responsible for selecting and wearing personal protective equipment. Please recognize that roadways are maintained and intended for motor vehicle use and not pedestrian use. Therefore, surface irregularities and other hazards that do not pose safety risks to motor vehicles, may pose risks to joggers and walkers. Prior to the event, all participants should familiarize themselves with the event route, paying close attention to surface irregularities and other potential dangers. Participants should also familiarize themselves with traffic patterns, check points, and all first aid and water stations. *Most important, remember that this is a voluntary recreational activity. Never compromise your safety in the name of competition.*

### Waiver of Release of All Claims and Assumption of Risk

Please read this form carefully and be aware that in signing up and participating in this event, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this event. I recognize and acknowledge that there are certain risks of physical injury to participating in this event, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child/ward or I may sustain as a result of participating in any and all activities connected with or associated with this activity. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or may child/ward) as a result of participating in this activity against the Frankfort Park District, including its respective officials, agents, volunteers and employees (sponsors) list on waiver (hereinafter collectively referred as "Parties"). I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this activity. I further agree that this agreement shall be governed by the State of Illinois.

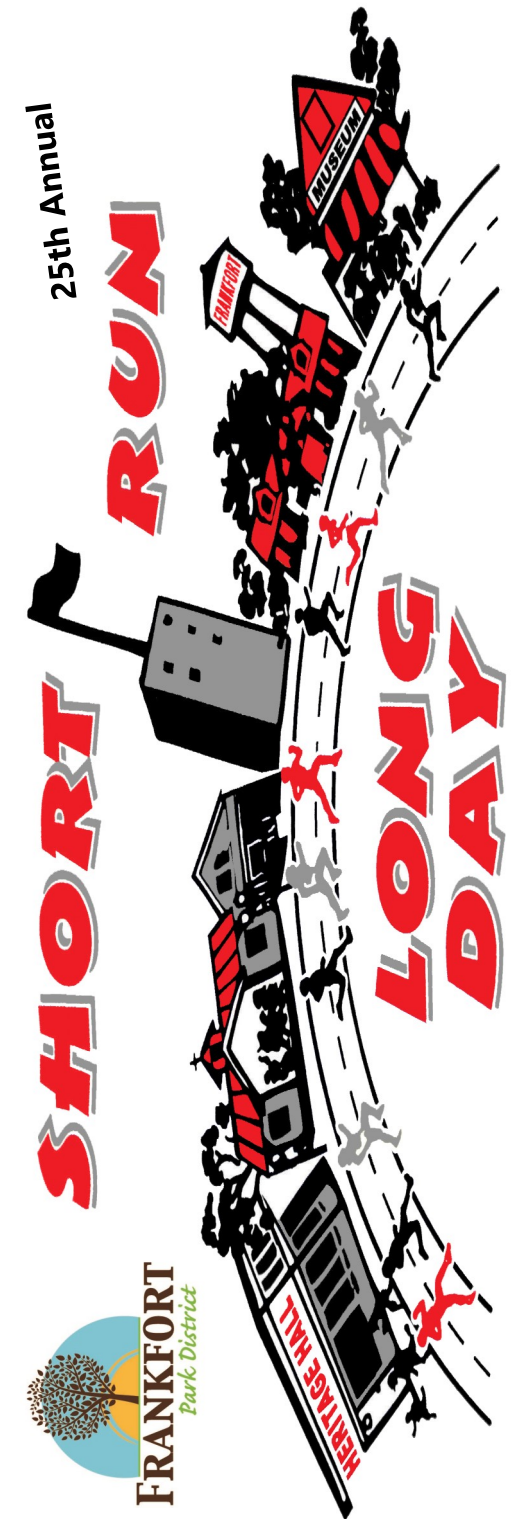
**I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for an have the same legal effect as an original form signature.**

PLEASE PRINT

Participants Name \_\_\_\_\_ Date \_\_\_\_\_

Participants Signature \_\_\_\_\_ Date \_\_\_\_\_  
(18 years or older Parent / Guardian)

## 2025 SPONSORS



Wednesday, June 18, 2025

## About the Race ....

Wednesday, June 18, 2025 @ 7:00 pm

Main Park, 400 Nebraska Street  
Frankfort, Illinois 60423

Race giveaways are guaranteed to runners who registered by **Wednesday, May 14.**

Race packets can be picked up at the Founders Community Center on Tuesday, June 17 from 10 am-7 pm & Wednesday, June 18 from 9 am-2 pm & @ Main Park from 5:30-7 pm.

Race day registration will be taken from 6:00 - 6:45 pm @ Main Park. Packet pick-up can also be done at the same location.

The course is a 5k/3.1 mile U.S. Track & Field Certified route that takes you through the beautifully scenic Old Plank Trail and through the streets of Historic Frankfort. Water will be available on the course.

Parking is available @ Main Park, Village Hall & neighborhood streets.

### Awards:

Awards will be given for the top overall male & female & the top finisher in each age division, male & female.

After the completion of the race, stay for the awards presentation & DJ music. For the runners/walkers there will be healthy snacks, pizza & water. All items are first come and will not be replenished.

**To receive the pre-registration fee of \$25; all mailed (140 Oak St. Frankfort, IL ) / faxed (815) 469-9275 / in-person / email (registration@frankfortparks.org) must be received by 12 pm on **Monday, June 9.****

***Registration fees will change to  
\$35.00 @ 12 pm on  
Monday, June 9.***

**Volunteers are needed for street closures,  
pre-race registration, packet  
pick-up & post-race activities.  
QR code to sign up.**



Please call the Frankfort Park District at  
(815) 469-9400 or visit  
[www.frankfortparks.org](http://www.frankfortparks.org)

Please use one form per participant.

Please check your correct age as of 6/18/25

Male _____	Female _____	
____ 14 – under	____ 15 - 19	____ 20 - 24
____ 25 – 29	____ 30 - 34	____ 35 - 39
____ 40 – 44	____ 45 – 49	____ 50 - 54
____ 55 – 59	____ 60 – 64	____ 65 - 69
____ 70 - 74	____ 75 & up	<b>All Fees Are</b>

\_\_\_\_\_ \$ 25.00 Pre-Registration (by 6/9/25)  
 \_\_\_\_\_ \$ 35.00 After 12 pm 6/9 until Race Day  
 \_\_\_\_\_ \$ 10.00 XX-Large\* Shirt Charge (below)  
 Deadline: May 14

Checks payable to: **Frankfort Park District**

Credit Card Number

[illegible]

Authorized Signature

Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_

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

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

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

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

Phone: \_\_\_\_\_

Email:

Age as of 6/18:      Birthdate:    /    /

Adult Shirt Size:   S     M     L     XL     XXL\*  

**Signature needed on back for event waiver**