



2019

Lions Heritage Fest 5K Run & 1.6 Mile Walk

Co-sponsored by the Dundee Township and Elgin Lions Clubs for the benefit of their respective eyeglasses, food collection and other charitable programs.

DATE

September 14, 2019

RACE START TIME

5k Run & 1.6 mile walk at 8 am

LOCATION

Downtown West Dundee start at the corner of 1st and Oregon Streets and finish about three blocks away in East Dundee.

PARKING

Parking in West Dundee Municipal lot just south of Route 72 or along 1st Street south of Oregon Street. Both locations are adjacent to the starting point.

ENTRY FEES

5k Race: \$30 before Sept 1
\$35 from Sept 1 to 13
\$40 on Race Day
Walk: \$20 anytime
Families 10% off any distance

REGISTRATION

Register online at:

<https://raceroster.com/events/2019/23052/lions-heritage-fest-5k-run-16-mile-walk>

or visit our website at

www.LionsHeritageFest5k.com.

Online registration closes Sept. 13, 2019

For mail registration, use the form on the back page. ALL MAILED ENTRIES MUST BE RECEIVED BY SEPTEMBER 10, 2019.

Race Day registration is from 6:30 to 7:45 am at the registration area near the start line. Also, registration can take place at Emmett's Brewing Company, 128 West Main Street, West Dundee from 3 to 6 pm on Friday, September 13.

PACKET PICKUP

Packets for pre-registered runners will be available for pick up from 3 to 6 pm on Friday, September 13 at Emmett's Brewing Company, 128 West Main Street, West Dundee OR on Race Day from 6:30 to 7:45 am near the start line.

RESULTS

Race timing by RaceRoster.com

NEW: the 5K is now chip timed!



AWARDS and PARTY

Award divisions for the 5K Race will be as follows: 9 & under, 10-19, 20-29, 30-39, 40-49, 50-59, 60 and up, male & female. All awards will be presented at the post-race celebration at the Heritage Fest stage behind Emmett's Brewing Company. A free beverage from Emmett's will be included for runners that attend the party.



REFRESHMENTS

Two water stops will be located along the race. Bananas, bagels, and water will be available at the awards party.

FREE T-SHIRT

All race participants will receive a free t-shirt with the Lions Heritage Fest 5K logo on the front.

See next page for mail-in registration

REGISTRATION

EVENT (Mark X for one event; please print personal information clearly below)

____ **5K Race**

____ **1.6 Mile Walk**

Name _____

Address _____

City _____

State _____ Zip _____

Email address _____

Birth date _____ M/F _____

Age on Race Day _____

All runners and walkers receive a T-shirt with the logo below; please circle size:

S M L XL

For Official Use Only:

BIB #



ENTRY FEES

Please sign Release & Waiver.
Running club affiliation _____

5K Run
\$30 up to Sept. 1 online
\$35 from Sept.1 to 13 online
& at pre-packet pick up Sept. 13

\$40 on Race Day \$ _____

1.6 Mile Walk
\$20 anytime \$ _____

Additional Tax-
Deductible Donation \$ _____

TOTAL FEE ENCLOSED \$ _____

PLEASE MAKE CHECKS PAYABLE TO:
THE ELGIN LIONS CLUB FOUNDATION (501c3)

ALL MAILED ENTRIES MUST BE RECEIVED BY
SEPTEMBER 11, 2019 AT:
ELGIN LIONS CLUB—5K
PO BOX 276
ELGIN, IL 60121

All proceeds benefit the Elgin & Dundee Township Lions Clubs. Runners are asked to donate at least one pair of used eyeglasses and/or one non-perishable food item at the race: the two primary Lions International charities!



RELEASE AND WAIVER

I recognize and acknowledge that there are certain risks of physical injury to participants in this event, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that I and/or my minor child/ward 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 and/or my minor child/ward may have as a result of participating in this activity against the Elgin Lions Club, the Dundee Township Lions Club, the Village of West Dundee, Dundee Heritage Fest, Kane County Forest Preserve, the Lions Heritage Fest 5K Race Committee, Race Time, Inc., and their respective sponsors, officials, agents, volunteers, elected officials, past and present board members and employees (hereinafter collectively referred to as "Parties"). I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or losses that I and/or my minor child/ward may have or which may accrue to me or my minor child/ward arising out of, connected with, or in any way associated with this event. I further agree that this agreement shall be governed by the law of the State of Illinois. By participating in this event, Elgin Lions Club, Dundee Township Lions Club and the Lions Heritage Fest 5K Race Committee has the right to reproduce/use videos and photos taken of the event and participants on race day as well as posting of results from the race on the internet. I have read and fully understand the above assumption of risk and waiver and release of all claims.

Signature _____
Date _____

The undersigned parent or guardian of persons under 18 hereby consents to the applicant's participation and waives and releases all rights and claims for damages as is more fully set forth above.

Signature _____
Date _____