



Run for One One Mile Fun Run Training

Who is ready to get up and moving to start the summer!?

Run for One, One Mile Training is here!!! The goal of this 5 week program, is to jump start your joy for running, learning how to run long distance and complete the One Mile Fun Run on July 5th. Our program has the support of the group and your leader throughout the program, so you can enjoy the training process and get you across the finish line with a smile on your face!

Training Starts June 2nd and ends on Race Day -July 5th

Informational Meeting- May 29th Time: TBD

Training Days: To Be Determined on Group and Leader Availability

Any questions, please email ptownpark@gmail.com

FEE: \$15 which includes the cost of the One Mile Fun Run

----- **FORM DUE June 2nd** -----

NAME OF PARTICIPANT _____ **AGE** _____

PARENT NAME _____

PARENT/GUARDIAN PHONE NUMBER _____

MEDICAL ISSUES _____

TSHIRT SIZE **YS** **YM** **YL** **AS** **AM** **AL** **AXL**

IMPORTANT INFORMATION

The Prophetstown 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 Prophetstown Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participant's safety. However, participants and parents/guardians of minors registering for the above listed programs/activities must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs.

WARNING OF RISK

Recreational activities/programs are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity/program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreational activities/programs exist. In this regard, it must be recognized that it is impossible for the Prophetstown Park District to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS

Please read this form carefully and be aware that in signing up and participating in the above identified programs/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damage 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 said programs/activities (including transportation services/vehicle operation, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities, and I voluntarily agree to assume the full risk of all injuries, damages or loss, regardless of severity, which I or my minor child/ward may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs/activities against the Prophetstown Park District, including its officials, agents, volunteers and employees (hereinafter collectively referred as "Prophetstown Park District").

I do hereby fully release and forever discharge the Prophetstown Park District from any and all claims from injuries, damage or loss which I or my minor child/ward 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 these programs/activities.

I agree to give permission for my child to be photographed for publicity purposes.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of claims.

Participant Signature (Guardian Signature if under 18)

Date