

Walk Friendly
Sponsored by:
Hononegah Student Council



Join us in raising money for breast cancer research by walking or running in our fourth annual Pink 5K. There are no prizes or awards as all profits will be donated to the American Cancer Society Making Strides Against Breast Cancer. A running clock will be set up for serious walkers and runners but no official results will be posted.

Date: October 16, 2017 Race start: 6 pm
Location: Hononegah High School Football Stadium
Cost: \$15 per person

Deadline to register: October 2, 2017

*There is no rain date for this event & in the event of bad weather we thank you for your donation. Check www.hononegah.org for details about event cancellation due to weather.

Packet pick up: October 16, 7:30 to 8:15 am in room 1207; October 16, 4:30-5:45 in the metal gym (Athletic entrance).



Name: _____
Circle correct shirt size:
Adult shirt size: S M L XL 2X 3X 4X 5X
Youth shirt size: S M L XL

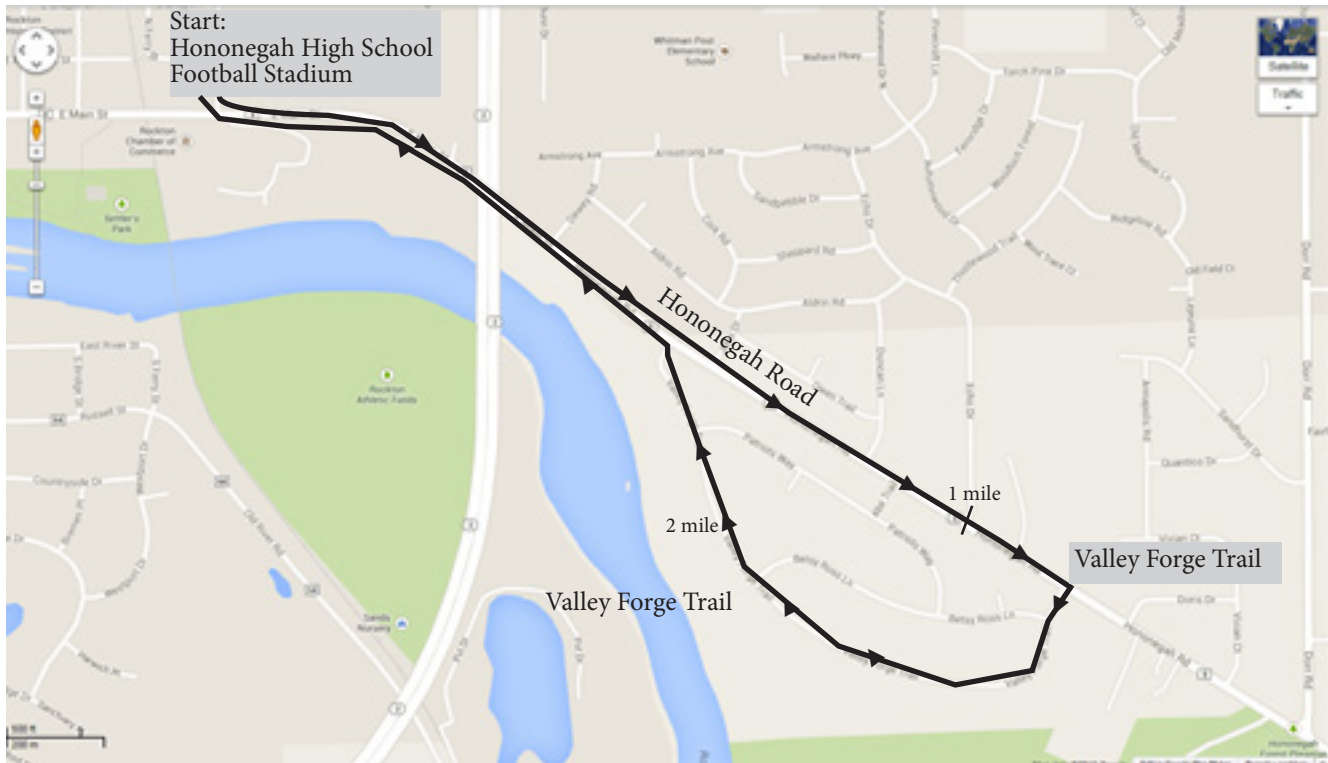
Street _____
City _____ State _____
Zip _____

Please sign liability waiver on the back of this form.

Cell phone: _____

Emergency contact phone & name:

Please enclose a check to HHS for \$15 per entry.
Mail your entry to Hononegah Student Council, c/o Susan Hays, 307 Salem Street, Rockton, IL 61072. You can also drop off your entry at the Visitor's Desk. Please make sure it is in a sealed envelope. **Last day to register and be guaranteed a shirt is October 2 (mailed entries must arrive before October 2).** We will take registrations through October 16 but cannot guarantee a shirt if you register after October 3. Contact: Sue Hays at shays@hononegah.org **Go to back**



Race Course

Hononegah H.S. to Hononegah Road to Valley Forge Trail loop. Event ends on Hononegah High School track.

Liability Waiver

I know that running, volunteering or walking a road race is a potentially hazardous activity, which could cause injury or death. I will not enter or participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. 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 high heat and/or humidity, traffic and the conditions of the trails and road, all such risks being known and appreciated by me. I understand that by wearing personal music players and headphones it will drown out the traffic and that wearing them is discouraged since this event is on public streets. 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 Hononegah High School and all event 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. I grant permission to all of the foregoing to use my photography, motion pictures or any record of this event for any legitimate purpose. Sign one time if this is an individual entry.

Signature: _____