



Chevy Chase 5k Registration Form

Racer Information

First Name:	Last Name
Birthdate (month/date/year):	Sex:
Address:	City:
State:	Zip:
Phone Number:	Email Address:

What is your anticipated 5k finish time (in minutes and seconds? (ex. 30:15)_____

Please check your age group:

- | | |
|---------------------------------------|--------------------------------|
| <input type="checkbox"/> 14 and under | <input type="checkbox"/> 45-49 |
| <input type="checkbox"/> 15-19 | <input type="checkbox"/> 50-54 |
| <input type="checkbox"/> 20-24 | <input type="checkbox"/> 55-59 |
| <input type="checkbox"/> 25-29 | <input type="checkbox"/> 60-64 |
| <input type="checkbox"/> 30-34 | <input type="checkbox"/> 65-69 |
| <input type="checkbox"/> 35-39 | <input type="checkbox"/> 70+ |
| <input type="checkbox"/> 40-44 | |

Please check circle T-Shirt size:

- S
- M
- L
- XL
- XXL

Entry Fee:

Pre-registration \$25

Day of event registration: \$30

Credit Card # _____

Circle One: MasterCard Visa Discover

Expiration Date _____

Cardholder Name _____

Signature _____

Make checks payable to the Wheeling Park District.





Chevy Chase 5k Waiver

IMPORTANT INFORMATION

The Wheeling 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 Wheeling 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 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 participation. 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 also 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 importantly, remember that this is a voluntary recreational activity. Never compromise your safety in the name of competition.

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, medical 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, slips and falls, collisions with other participants, the effects of weather, dangerous conditions of the road, being struck by a vehicle or bicycle, lack of good physical 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 Wheeling Park District to guarantee absolute safety.

WAIVER AND 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 participants 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 my child/ward) as a result of participating in this activity against the Wheeling Park District, including its respective officials, agents, volunteers and employees (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 and have the same legal effect as an original form signature.

Participants Name (Please Print)

Date

Participants Signature (18 years or older or parent/guardian)



Race Fact Sheet

About This Event

Join us for the Chevy CHASE 5K at scenic Traditions at Chevy Chase Golf Course. Whether you're an avid runner, or just ready to tackle your first 5K, you're sure to enjoy this fun, new event. The Chevy CHASE 5K features a time-trial start, with runners starting at five-second intervals. This allows for a safe race and ensures that all runners can stay on the path and take in the beautiful grounds of Chevy Chase.

Location of Event

The Chevy CHASE 5K takes place at Traditions at Chevy Chase Golf Course located at 1000 N. Milwaukee Avenue in Wheeling. Please click [here](#) for directions to Traditions at Chevy Chase.

The Course

The Chevy CHASE 5k will take runners through the scenic Traditions at Chevy Chase Golf Course. Runners will run on the paved golf cart path for most of the race.

Registration

Pre-register online or at the Guest Service Desk at the Community Recreation Center (333 W. Dundee Road, Wheeling) for \$25/runner through November 6. After November 6, registration will only be available on race day for \$30/runner.

Prizes

Prizes are awarded for the top overall male and female finishers as well as male and female winners in each age category. The age group breakdown for the Chevy CHASE 5K is 15-19 yrs, 20-24 yrs, 25-29 yrs, 30-34 yrs, 35-39 yrs, 40-44 yrs, 45-49 yrs, 50-54 yrs, 55-59 yrs, 60-64 yrs, 65-69 yrs, 70-74 yrs, 75-79 yrs, and 80 yrs and over. All participants in the Children's Race receive a prize. All results are posted on RaceTime.info and chevychase5k.com.

T-Shirts

All runners receive a logo'd race t-shirt. Sizes of shirts are adult S-XXL and youth small -large.

Packet Pickup

Packet pickup is available on Friday, November 8, from 12-6 PM, on Saturday, November 9, from 10 AM-5 PM, or on Race Day. Please bring a photo ID to pick up your packet.

Race Volunteers Wanted!

If you are interested in volunteering for the race, please contact Michelle Caplan at (847) 465-7774.

Questions?

For general questions about the event, please contact the Wheeling Park District at (847) 465-3333. Race Director Matt Wehby can be reached at (847) 465-2937 or mwehby@wheelingparkdistrict.com.

Refunds

No refunds are issued for the Chevy CHASE 5K unless medically related and with a doctor's note.