

COMPLETE RELEASE & WAIVER FORM

Must be signed to enter*

Release and waiver of liability:

In consideration of the foregoing, I for myself, my spouse, my heirs, my executors, administrators and assignees, do hereby release and hold harmless Rockford MELD, Rockford Road Runners, Carlyle Brewing Co., City of Rockford, City of Loves Park, and race sponsors, officials, volunteers and their insurers from any and all claims for liability for death or damages for any and all injuries to me or my property, arising out of or in connection with my participation in the MELD Run & Walk. This release extends to all claims of every kind and nature whatsoever, whether foreseen or unforeseen, known or unknown.

I attest and verify that I have full knowledge of the risk involved in the MELD Run & Walk and I certify and attest that I am physically fit and trained to participate in it. I have read this release; I understand it and have executed it voluntarily, as verified by my signature below.

Minor applicants will be accepted only with parent or guardian's signature.

*
Signature _____ Date _____
(Parent's signature if entrant is under 18 years of age)

THANKS TO OUR SPONSORS



★ REGISTRATION FORMS:

Available at:

- YMCA
- Runner's Image
- Kegel's Bicycle Store
- Peak Fitness & Peak Sports Club
- MELD Office - 3703 N. Main St.
or
- Register Online @ www.rockfordmeld.org
or
- Print form on web site and mail

★ Questions:

- Call MELD office at 815-633-6353 x10 - Weekdays
- Call Mike Broski at 815-378-1045 - Evenings
- Email: meld@rockfordmeld.org

NON-PROFIT ORGANIZATION U.S. POSTAGE PAID ROCKFORD, IL PERMIT NO. 0827

Rockford MELD
3703 N. Main St.
Rockford, IL 61103

**20TH ANNUAL
MELD JULY 4TH CLASSIC
★ ALAN HUTCHCROFT
MEMORIAL 8K RUN
★ 2 MILE RUN
★ 1 MILE FUN RUN/WALK**

Proceeds from Run & Walk to benefit MELD Programs for young parents and their children



★ WIN CASH ★
TO CELEBRATE OUR 20TH ANNUAL
MELD RUN & WALK
One \$200 Cash Prize for 8K RUN
One \$200 Cash Prize for 2 MILE RUN
Must finish race & be present to win
Random Draw

★ ★ ★ ★
WEDNESDAY, JULY 4TH
STARTS AND ENDS ON N. MADISON ST.
7:00AM - 8K RUN
7:10AM - 2 MILE RUN
8:00AM - 1 MILE FUN RUN/WALK

★ ★ ★ ★

Course certified by USA Track & Field
(L-07050-JW)
Rockford Road Runner's Circuit Race
★ ★ ★ ★

MAP



PRIZE MONEY

★ Prize Money will be given to top 3 overall Male and Female 8K and 2 Mile finishers

8K- 1st = \$225

8K- 2nd = \$150

8K- 3rd = \$75

2 Mile- 1st = \$100

2 Mile- 2nd = \$50

2 Mile- 3rd = \$25

★ Prize Money will be awarded to the top Master Male & Female 8K and 2 Mile finishers (40 years and older)

8K- 1st = \$100

2 Mile- 1st = \$50

RUN & WALK INFORMATION

WEDNESDAY, JULY 4TH

★ **LOCATION:** Rockford, IL
 • Starts and finishes on N. Madison St. In front of Trolley Station

★ **8K RUN (4.98 miles)**

7:00 A.M. Start Time

- Certified Course (L-07050-JW)
- RRR Circuit Race
- Flat out and back
- Splits at every mile
- No dogs, strollers or in-line skates allowed
- Two water stops - passed twice

★ **2 MILE RUN**

7:10 A.M. Start Time

- RRR Circuit Race
- Timed and Measured
- Competitive Run
- Flat out and back course
- Water at start and finish
- Walkers, for your safety, please start in back of runners

★ **1 MILE FUN RUN/WALK (Non-Competitive)**

8:00 A.M. Start Time

- Ribbons to all finishers

★ **RACE WRAP UP**

- Following race & walk at 8:30 A.M.

★ **MEDALS**

- Medals will be given to 1st, 2nd, 3rd place finishers in 8K and 2 Mile race in each age division:
 8 & under, 9-10, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

ENTRY FEES

★ **ENTRY FEE: (THRU JULY 2)**

8K or 2 MILE RUN:

- \$30/person thru July 2
- \$28/Rockford Road Runners and student 18 & under and Wildcats

1 MILE FUN RUN/WALK

- \$20/person thru July 2

★ **ENTRY FEE: (AFTER JULY 2)**

8K or 2 MILE RUN

- \$35/Person After July 2

1 MILE FUN RUN/WALK

- \$25/person After July 2

★ **REGISTRATION AND PACKET PICKUP**

Tuesday July 3

- 3:00 - 7:00 P.M.
 at Carlyle Brewing Co.
 215 E. State St.
 Rockford, IL 61104

★ **NO DISCOUNTS AFTER JULY 2**

★ **CHIP TIMING**

★ **DRY-FIT T-SHIRTS** – Guaranteed to the first 400 entrants

★ Complimentary food and water

★ Door Prizes drawn from entrants registered thru July 2

★ Goody bags for all kids in Fun Run/Walk

★ **PARKING**

- Parking available in lots and on side streets

★ **MEDICAL SUPPORT:**

- Provided by OSF Lifeline Ambulance

REGISTRATION FORM

★ Please use a form for each person

Name _____

Address _____

City _____ State _____ Zip _____

Male Female 8K Run 2 Mile Walker

Birth Date (mm/dd/yy) _____ Age on Race Day _____

Email Address _____

Phone _____

Shirt Size - will not shrink (Shirt Sizes Run Large & Not Guaranteed)

Circle One: Uni Dry-Fit: S M L XL

Youth Dry-Fit: M

Entrance Fee Enclosed: \$ _____

Donation Enclosed: \$ _____

Total Amount Enclosed: \$ _____

Payment Options:

Entrance fee is non-refundable

Cash Check VISA MC American Express

Checks payable to: **Rockford MELD**

Card Number _____

Expiration Date _____

Name as it appears on card _____

Please complete form, sign on reverse side, detach and mail to:

Rockford MELD
3703 N. Main St.

Rockford, IL 61103

Must be postmarked by July 2

or - Fax: 815-633-8709

or - Drop off: MELD Office - 3703 N. Main St.

Office Use

BIB# _____

CHIP# _____