



METRO EAST MONTESSORI SCHOOL
Horseshoe Lake
5K Run/Walk 2016

3321 Highway 111, Granite City, IL 62040
 Saturday May 7, 2016

5K RUN/WALK FOR ALL AGES

Children in strollers welcome!

5K starts at 9:00 am; Registration and packet pick-up opens at 8:00 am

Proceeds to benefit Metro East Montessori School
www.metroeastmontessori.com

The course is a flat, loop course along the causeway at beautiful Horseshoe Lake and around the campground area. Walkers and runners of all ages are welcome on this beautiful course. Refreshments after race.

Entry fee: \$25 per individual by March 31, 2016 — \$30 after March 31, 2016 and on race day

Timing by Toolen's Running Start

Medals will be given to the top 3 male and top 3 female finishers in each age bracket and the male and female overall best finishers.

T-shirts for all adult and child entrants.

(T-shirts available on race day to people who register by March 31st; all other t-shirts will be mailed 3-4 weeks after race.)

Results will be given over-all and by age group.

Questions? Email: metroeastmontessori@gmail.com

Please print entry and mail to: Metro East Montessori School, 4405 Highway 162, Granite City, IL 62040

Name: _____

Street: _____

City, State and Zip: _____

Email Address: _____

Phone: _____ Age: _____ Gender: _____ T-shirt Size: _____

Please make checks payable to: Metro East Montessori School

WAIVER, RELEASE AND INDEMNIFICATION FORM

In consideration of my acceptance of my entry in the Horseshoe Lake 5K:

1. I agree to abide by all rules and regulations of the Horseshoe Lake 5K and Horseshoe Lake State Park.
2. I agree to abide by the instructions of the race director and volunteers conducting the Horseshoe Lake 5K.
3. For myself, my administrator or executor, my estate, and my heirs I hereby:
 - a. Waive and release any claims I have against Horseshoe Lake 5K, Edwardsville Montessori Society, Inc., Metro East Montessori School, the Metro East Montessori Parents Group, Horseshoe Lake State Park, the Illinois Department of Natural Resources, Toolen's Running Start, and the State of Illinois for all claims arising from my participation in this race or from the conduct of the race, including all claims for negligence or willful and wanton conduct arising from the conduct of these entities or from the conduct of their agents, employees, or volunteers, and all claims for damages, including costs of suit and attorneys' fees.
 - b. Indemnify and hold harmless the Horseshoe Lake 5K, Edwardsville Montessori Society, Inc., Metro East Montessori School, the Metro East Montessori Parents Group, Horseshoe Lake State Park, the Illinois Department of Natural Resources, Toolen's Running Start, and the State of Illinois and their agents, employees, or volunteers for any claim that I may have or that any claim that my guests may have, or any claim that my estate, heirs, administrator, or executor may have or any claim that the estate, heirs, administrator or executor of my guests may have.
4. I hereby attest and verify that I am physically fit and have sufficiently trained for this competition and that a licensed medical doctor has verified my physical condition.
5. I hereby acknowledge that participation in the event carries with it potential hazard. I therefore release the Horseshoe Lake 5K, Edwardsville Montessori Society, Inc., Metro East Montessori School, the Metro East Montessori Parents Group, Horseshoe Lake State Park, the Illinois Department of Natural Resources, Toolen's Running Start, and the State of Illinois of any liability in the event of injury or death during the event.
6. I hereby consent to receiving medical treatment, which may be deemed advisable in the event of injury, accident, or illness during the event.
7. I understand that no refunds will be given.
8. I grant permission to Edwardsville Montessori Society, Inc. and Metro East Montessori School to use photographs or video of me taken during the event for any purpose.

Printed Name: _____ Signature: _____ Date: _____