

NITRO 10K/5K at the Sycamore Speedway

9:00 AM May 22nd 2010



First: _____ Last: _____ Sex M/F Birth Date __/__/____

Address _____ City _____ State ____ Zip Code _____

Home Phone (____) ____-____ Work Phone (____) ____-____ Cell Phone (____) ____-____

Email Address _____ Referred By _____

Select a distance:

- 10K** (6.2 Miles) \$29 Paid before race (\$35 Race Day). NITRO members \$5 Rebate on race day.
- 5K** (3.1 Miles) \$24 Paid before race (\$30 Race Day). NITRO Members \$3 Rebate on Race Day.
- Kids Run** (1/4) \$5 (same on Race Day).

Additional Kids for Kids Run

First: _____ Last: _____ Sex M/F Birth Date __/__/____

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Waiver and Release

In consideration of your acceptance of my registration, I do hereby, for myself and anyone else on my behalf, waive and release the Northern Illinois Trail Runners Organization, DeKalb County Forest Preserve, Kane County Forest Preserve, Sycamore Park District, and all agents, affiliates and volunteers from any and all claims for damages whatsoever created as a result of my participation in this event, including bodily injury. I attest and do hereby verify that I am physically fit and have trained sufficiently for this event, and that I am aware of the risk of physical injury. I intend by this release to assume full responsibility to anything that may happen to me. I further agree to indemnify and hold harmless and defend the aforementioned organizations and their officers, agents, servants and employees from any and all claims resulting from injuries, including death, damages, and loss sustained by me and arising out of, connected with, or in any way associated with the activities of the Sycamore Speedway NITRO 10k/5k. Sorry, no refunds.

Signature _____ Date _____

Mail to: NITRO, c/o Cheri Kranz, PO Box 1154., DeKalb, IL 60115

Make Check Payable to NITRO, c/o Cheri Kranz

Visit www.NITROruns.com for more race information