



The 1st Annual
KIDS FUN & FITNESS DAY
The River to River Runners Club



Major Sponsor: SOUTHERN ILLINOIS
HEALTHCARE

Sunday - June 9, 2013
at SIU Lew Hartzog Track & Field Complex
100 Saluki Drive, Carbondale, Illinois 62901

Events begin at 2 PM. Registration and packet pickup at the Lew Hartzog Track & Field Complex from 12:30 - 1:30. Preregistration strongly recommended to guarantee T-shirt, participant medal, and goodie bag. Cost is FREE. See race flyer for details. Email Tmiksane@aol.com with questions.

Mail completed entry form to:

Tony Miksane, MD
712 Old Orchard Drive
Benton, Illinois 62812

REGISTRATION FORM

Each participant requires a separate entry form

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone # _____

Email _____

Age _____ Sex M F

School Attending _____

Circle T-Shirt Size:

Youth S M L Adult S M L XL

Circle Event (Choose only 1 Fun Run):

100 m dash 400 m dash 1600 m run

Optional 1600 meter Adult-Child Relay

Name of partner _____

WAIVER OF LIABILITY:

I know that running or walking a race is potentially hazardous. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official as to my ability to safely complete the race. I assume all risks associated with running or walking the event, including but not limited to, falls, heat, humidity, and conditions of the track. All such risks being known and appreciated by me and having read this waiver, I release the River to River Runners Club and its race officials, SIU and the SIU Athletic Department (as hosts of the event), and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that during the race, bicycles, baby strollers, animals, roller skates, roller blades, scooters and headsets will not be allowed.

Signature _____

(Parent or guardian if under age 18)

Date _____