

Race for the Kids Medical Information and Liability Waiver

I recognize that there is an element of risk in any outdoor sport or activity. Understanding the risks involved in the Oblong Children's Christian Home Duathlon and 5K, I certify that I am fully capable of participating in this event.

I hereby assume all risks involved in participating in the Oblong Children's Christian Home Duathlon and 5K. I and my heirs, successors, and assigns will hold the Oblong Children's Christian Home and the host site harmless from any and all liabilities, actions, causes of action, debts, and claims resulting from the Oblong Children's Christian Home Duathlon and 5K.

Signature: _____

Date: _____

5K participants may bring children in strollers!

Duathlon participants must wear ANSI or Snell-approved helmet during cycling.



The **Oblong Children's Christian Home** is a ministry of Christian Churches and Churches of Christ to abused and troubled children who are 5 to 17 years of age, providing

them:

- unconditional love,
- a stable, structured environment, and
- family-style group homes.

Children come to our Home for a variety of reasons. It may be because

- the child is running with the wrong crowd,
- the child is not attending school,
- the child has a difficult home situation, or
- the child has mild to moderate legal problems.

For most families, the goal is for the child to return home after making significant changes. The length of stay is determined by how long it takes the child and his/her family to achieve the goals set at placement. To overcome the destructive habits that lead to placement and to replace them with healthy habits that are maintained when the child returns home normally takes at least 18 months. The need for continued care is reviewed after 12 months and every 6 months thereafter.

Children are not turned away from our Home because of their race, faith, creed, or family financial condition.

The Oblong Children's Christian Home is licensed by the Illinois Department of Children and Family Services.



Register using this form or online at www.oblongchristianhome.org!



8TH ANNUAL RACE FOR THE KIDS DUATHLON and 5K

May 2, 2015
Hutsonville City Park
Hutsonville, IL

Oblong Children's
Christian Home
4094 E 1050th Ave
Oblong, IL 62449
618.592.3633

For race information, visit our website at oblongchristianhome.org or e-mail akemp@oblongchristianhome.org



Join us Saturday, May 2, at 8:00 a.m. for the 8th Annual Race for the Kids!

Don't miss out on the 8th annual duathlon and 5K held at the Hutsonville City Park in

Hutsonville, IL. Race time is 8:00 AM (Central; rain or shine). Participants may compete in the 5K or in the duathlon (2-mile run, 20-mile bike, and concluding 2-mile run). Registration/packet pick-up begins at 6:45 AM and continues until 7:45 AM.

COST:

Early registration (postmarked by April 15):
\$25 (Individuals)

\$50 (Teams—must consist of two members—one biker and one runner; entry forms must be submitted together. Please specify biker or runner.)

Late (beginning April 16) or on-site registration:
\$30 (Individuals)
\$60 (Teams)

Entry fees are non-refundable.

AWARDS:

Awards will be presented immediately after each

race (5K and duathlon) in the following age categories:

20 & under	21—30
31—40	41—50
51—60	61 & over

Also receiving recognition will be the overall 5K winner (male and female), the overall individual duathlon winner (male and female), and the overall duathlon team winners.

PARTICIPANTS WILL RECEIVE:

- Dry-wicking commemorative t-shirt (guaranteed only to those who preregister)
- Finisher medal
- Goodie bag
- Post-race refreshment

All participants will be eligible for randomly drawn door prizes as well.

COURSE DESCRIPTION:

Duathlon

Run—Flat (out and back) - 2 miles

Bike—Flat to gently rolling hills (loop) - 20 miles

Run—Flat (out and back) - 2 miles

5K

Start at park. Participants will run or walk through town (loop, flat, paved roadway)

2015 RACE FOR THE KIDS

OFFICIAL ENTRY FORM

Name: _____

Gender: M or F

Age (as of 5/2/2015): _____

Address: _____

City: _____

State: _____ ZIP: _____

Phone: _____

E-mail: _____

Circle shirt size (If registering after April 15, please disregard):

YL S M L XL 2XL

Please circle one of the following **categories**:

5K (\$25/\$30)

Individual duathlon (\$25/\$30)

Team duathlon (\$50/\$60)

If you have circled "team duathlon," indicate one of the following:

Biker Runner

***Price increase as of April 16, 2015.**

Mail entry form with check of money order to:

Oblong Children's Christian Home
4094 E 1050th Ave., Oblong, IL 62449

