



PARTICIPANT 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.

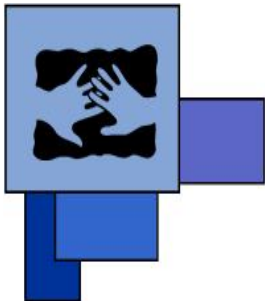
I hereby assume all risks involved in participating in the Oblong Children's Christian Home Duathlon and 5K. I and my heirs, successors, and assigns will hold the Oblong Children's Christian Home and the host site harmless from any and all liabilities, actions, causes of action, debts, and claims resulting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

Name: _____

Date: _____

Complete reverse side, sign and date above waiver, and mail with payment to:

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



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:

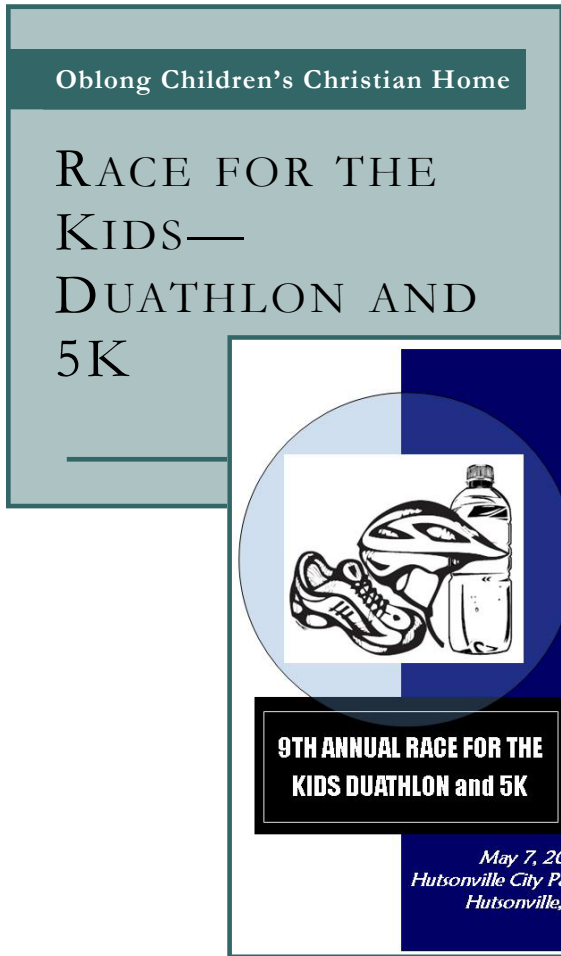
- unconditional love,
- a stable, structured environment, and
- family-style group homes.

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.



Telephone:
618-592-3633

E-mail:
akemp@oblongchristianhome.org

Web site:
www.oblongchristianhome.org



Find everything you need to know about the **9th Annual Race for the Kids** duathlon and 5K right here!

The gun will sound at 8:00 a.m. (CDT) on May 7, 2016 for the 9th Annual Race for the Kids, a joint duathlon and 5K for the benefit of the Oblong Children's Christian Home. The start/finish line will be the same for both races: the northern-most entrance to the Hutsonville City Park in Hutsonville, IL. Participants may choose to compete in the 5K or in the duathlon (2-mile run, 20-mile bike ride, and concluding 2-mile run). Registration/packet pick-up begins at 6:45 a.m. and continues until 7:45 a.m.

Cost: Early bird registration (postmarked by April 20) is \$25 per individual or \$50 per team. Teams consist of two members—one biker and one runner. Entry forms must be submitted together. (Please specify biker or runner.) Late registration fees (postmarked after April 20) and on-site registrations are \$30 per individual or \$60 per team.

ENTRY FEES ARE NON-REFUNDABLE.

Awards: Awards will be presented immediately following each race (5K and duathlon) in the following age categories: 20 and under, 21—30, 31—40, 41—50, 51—60, and 61 and over. Also receiving

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

Participants will receive: A commemorative t-shirt (guaranteed only to those who pre-register), a finisher medal, goody bag, and post-race refreshments.

ALL PARTICIPANTS WILL BE ELIGIBLE FOR RANDOMLY DRAWN DOOR PRIZES AS WELL.

Course description: The duathlon begins with a flat 2 miles (out and back) followed by 20 miles by bike (gentle, rolling hills), following a lollipop route. Participants conclude with the same, flat, 2-mile out-and-back run. The 5K course begins at the park. Participants will run or walk through town (loop, flat, paved roadway).



2016 Race for the Kids Official Entry Form

Name: _____

Gender: M or F

Age (as of 5/7/2016): _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-mail: _____

Circle shirt size (if registering after April 20, please disregard):

YL S M L XL 2XL

Please circle ONE of the following:

• 5K (\$25/\$30)

• Individual duathlon (\$25/\$30)

• Team duathlon (\$50/\$60)

If you have selected "Team duathlon," please indicate one of the following:

Biker

Runner

See reverse side for waiver and submission instruction.