



Lakeside Legacy Waiver and Release of All Claims and Assumption of Risk

Read this form carefully and be aware that by signing and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services, when provided). I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Lakeside Legacy Foundation, including its officials, agents, volunteers and employees (hereinafter collectively referred to as the Lakeside Legacy Foundation) I do hereby fully release and forever discharge Lakeside Legacy Foundation from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program/activity.

I HAVE READ AND FULLY UNDERSTAND THE ABOVE IMPORTANT INFORMATION, WARNING OF RISK, ASSUMPTION OF RISK AND WAIVER AND RELEASE OF ALL CLAIMS. IF REGISTERING ON-LINE OR VIA FAX, YOUR ON-LINE OR FACSIMILE SIGNATURE SHALL SUBSTITUTE FOR AND HAVE THE SAME LEGAL EFFECT AS AN ORIGINAL FORM SIGNATURE.

Parent/Guardian/Adult Signature:

Date:

Parent/Guardian/Adult Signature (Teammate):

Date:

Participation will be denied if the signature of adult participant or parent/guardian and date are not on this waiver.

LAKESIDE LEGACY FOUNDATION



HISTORIC DOLE MANSION

Join our kind sponsors to support the Historic Dole Mansion and Lakeside Legacy Arts Park.



Additional Sponsorship opportunities are available.

Contact Erin McElroy at 815-455-8000

EMcElroy@LakesideLegacy.org

LAKESIDE LEGACY ARTS PARK
401 Country Club Road
Crystal Lake, IL 60014



2 MILE RUN | 20K BIKE | 2 MILE RUN

2 MILE FAMILY FRIENDLY FUN/HEALTH WALK



SUNDAY, OCTOBER 17, 2010



WWW.LAKESIDELEGACY.ORG

EVENT DETAILS AND INFORMATION

Bring out your entire family, friends and neighbors to participate in the 2nd Annual Run & Roll at the Dole! With two options for participation now everyone can enjoy the beautiful neighborhood surrounding the Dole Mansion while supporting a great community organization.

All proceeds from the Run and Roll for the Dole benefit Lakeside Legacy Foundation and Historic Dole Mansion. A portion of each race registration creates abundance for the arts, community programs, signature events, and historic preservation!

Duathlon Race Information

2 mile run through Crystal Lake, 20k (12.4 mile) bike course throughout Crystal Lake and Lakewood, and a repeat of the 2 mile run to the finish at the Dole Mansion. Water stations will be placed at the start/finish, and one on the running course. Please run/bike within 3 feet of the curb!

Family Fun/Health Walk Information

2 mile family friendly fun/health walk will use the same course as the duathlon. The walk will begin at 8:05am after the wave of duathlon racers. Walkers will receive a race t-shirt, bib number and race packet.

Safety Information

The Lakeside Legacy Foundation Run and Roll for the Dole does not close streets for this race. Due to the likelihood you will experience cars on the course; we ask that no headphones of any kind be worn during the race. (i.e., ipods, cd players, etc.)

The Run and Roll for the Dole starts and finishes at Lakeside Legacy Foundation. The courses are **ISATF certified IL-09096-JW (2 Mike Walk/Running Course) IL-09099-JW (20k Bike Course) Certification by USA Track & Field recognized by RRCA (Road Runners Club of America)** and will take runners/cyclists through the Village of Lakewood and City of Crystal Lake before returning back to the Historic Dole Mansion for the finish. Water will be available on the running course, as will time splits. Food and drinks will be available to participants at the finish line. No dogs, head-phones or strollers are allowed in the race or on the course. PLEASE REGISTER EARLY! Cotton t-shirts will be given to the first 200 registrants for the duathlon. To guarantee your shirt size, please register by September 20, 2010.

Fees

2 Mile Fun/Health Walk

Individual age 12+: Thru 10/12: \$15 | After 10/12 \$20

Duathlon Race

Individuals age 18+: Thru 10/12: \$35 | After 10/12 \$45

Teams ages 18+: Thru 10/12: \$65 | After 10/12 \$75

All children under 18 must be accompanied by an adult. Children 12 and under are free to participate in the walk and will not receive race day gifts.

Registration

Mail/Drop Off/Fax to Lakeside Legacy Foundation
401 Country Club Road | Crystal Lake, IL 60014
Fax: 815-455-8080
Online Registration at www.LakesideLegacy.org



Packet Pick-Up & Race Day Registration

Pre-race packet pickup will be Friday Oct. 15 from 12-4 at The Running Depot in Crystal Lake. Saturday, October 16, 2010 from 12:00 p.m. – 4:00 p.m. at Lakeside Legacy Foundation Lobby. Race day 6am - 7:30 at the Lakeside Legacy Foundation.

Race Start/Finish

Lakeside Legacy Foundation (Historic Dole Mansion)

Awards

T-shirts will be given to the first 200 registered runners. In order to guarantee your size please register before Sept. 20th. Medals will be given to the top three finishers in each age division and to the top female, male and co-ed team. The overall male and female winner will receive awards, but will not receive awards for their age division.

Race Results

Race results will be available after the race via a link on the Lakeside Legacy website at www.LakesideLegacy.org.

Volunteers...

are needed to help with race day operations. For more information on volunteering please contact Erin McElroy, Lakeside Legacy Advancement Coordinator at 815-455-8000 or via email: EMcElroy@LakesideLegacy.org.

Contact

Erin McElroy, Advancement Coordinator, 815-455-8000, EMcElroy@LakesideLegacy.org

REGISTRATION

Fun/Health Walk Individual (12+)
\$15.00 Through Oct. 12, 2010
\$20.00 After Oct. 12 and Day of Race

Duathlon Individual (18+)
\$35.00 Through Oct. 12, 2010
\$45.00 After Oct. 12 and Day of Race

Duathlon Team Race
\$65.00 Through Oct. 12, 2010
\$75.00 After Oct. 12 and Day of Race

Last Name

First Name

Street Address

City

State

Zip

Phone

Email

Age on Race Day

Date of Birth

Sex

Shirt Size: S M L XL XXL

Age Group (circle one):

18-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65+

Teammate Registration:

Last Name

First Name

Street Address

City

State

Zip

Phone

Email

Age on Race Day

Date of Birth

Sex

Shirt Size: S M L XL XXL

Payment Information:

Visa

MasterCard

Card Number

Expiration Date

Sec. Code

Print Card Holders Name

Card Holder Signature

2 MILE RUN

20K BIKE

2 MILE RUN

WAIVER ON REVERSE SIDE MUST BE SIGNED BY ALL PARTICIPANTS!