

millstadt

33rd Annual
PARKS BIATHLON
1st Annual
5K PARKS RUN

Sunday, May 17, 2020 — 8:00 A.M.

Liederkrantz Park

301 North Jefferson, Millstadt, Illinois

(3 - \$100) BIG SHARK GIFT CERTIFICATES WILL BE GIVEN AWAY AS ATTENDANCE PRIZES ON RACE DAY

****Long Sleeve BIATHLON Shirt or Short Sleeve 5K Shirt Guaranteed If Registered By April 27th****

BIATHLON COURSE: Run through scenic farmlands to total 5.0 miles. Then remove your own bike & ride approximately 22 miles. The bike course is country roads and rolling hills. Course closes at 11:00 a.m. sharp! Anyone left on the course will be picked up by the sag wagon.

ENTRY FEE: Registrations postmarked by April 30th: Biathlon Individual \$35 or Biathlon Team \$50
5K — 14 & under \$20 or 5K — 15+ \$25
May 1st thru Race Day: Biathlon Individual \$40 or Biathlon Team \$55
5K— 14 & under \$25 or 5K — 15+ \$30

***** RACE DAY SIGNUP AVAILABLE *****

AGE GROUPS: BIATHLON: Male:16-29, 30-39, 40-49, 50-59, 60 and up. Female: 16-29, 30-39, 40-49, 50-59, 60 and up.

5K: 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over.

PACKETS: Early packet pickup on Thursday, May 14th, 9 a.m.—5 p.m. at Millstadt Village Hall, 111 W Laurel Street or morning of race, from 6:30 a.m. -7:30 a.m. at the park. Races will start promptly at 8:00 a.m. **RAIN OR SHINE**

INFORMATION: If you wish to confirm your entry in the race, call the Millstadt Village Office from 9:00 a.m.—5:00 p.m. Monday thru Friday at (618)476-1514. Maps of the course are available at the Village Office or on the website. Food available.

E-MAIL: mvhlmusk@htc.net **WEBSITE:** villageofmillstadt.org

BIATHLON RULES: No one under 16 may enter. Proof of age must be supplied on the day of the race (example: Valid driver's license). All entrants must wear A.N.S.I. approved helmets. Race numbers must be visible at all times. Participants may not receive mechanical assistance during bike race. It is expected that each participant come race ready with a safe bike, own water for bike segment and no support vehicles on course!

AWARDS CEREMONY WILL BE HELD AT APPROXIMATELY 11 AM

BIATHLON REGISTRATION - SIGN BELOW

INDIVIDUAL: MALE / FEMALE (Circle One) TEAM: M/M - M/F - F/F (Circle One)

(PLEASE PRINT)

Last Name _____ First _____

Address _____ City/State/Zip _____

Phone # _____ E-Mail _____ Age on 5/17/20 _____

TEAM

Last Name _____ First _____

Address _____ City/State/Zip _____

Phone # _____ E-Mail _____ Age on 5/17/20 _____

<u>CHECK ONE:</u>	If POSTMARKED by 4/30/20	If POSTMARKED 5/1/20 thru race day
	_____ Individual Entry Fee \$35.00	_____ Individual Entry Fee \$40.00
	_____ Team Entry Fee \$50.00	_____ Team Entry Fee \$55.00

SHIRT SIZE: _____ Small _____ Medium _____ Large _____ X-Large _____ XX-Large
(Check Both Shirt Sizes for Team)

5K REGISTRATION - SIGN BELOW

MALE / FEMALE (Circle One) Complete separate form for each entry !!

PLEASE PRINT

Last Name _____ First _____

Address _____ City/State/Zip _____

Phone # _____ E-Mail _____ Age on 5/17/20 _____

<u>CHECK ONE:</u>	If POSTMARKED by 4/30/20	If POSTMARKED 5/1/20 thru race day
	_____ 14 & under Entry Fee \$20.00	_____ 14 & under Entry Fee \$25.00
	_____ 15+ Entry Fee \$25.00	_____ 15+ Entry Fee \$30.00

SHIRT SIZE: _____ Small _____ Medium _____ Large _____ X-Large _____ XX-Large
_____ Youth Small _____ Youth Medium _____ Youth Large

WAIVER, RELEASE & INDEMNIFICATION (In consideration of the acceptance of my entry in the Millstadt Biathlon/5K) 1. I hereby agree to comply with all rules and regulations and event instructions of the Millstadt Biathlon/5K and its Events Committee members. 2. For myself, my executors, administrators, heirs, next of kin. I hereby: (a) Waiver and release any and all claims that I may have against the Millstadt Biathlon/5K, its Events Committee, their officers, directors, members, volunteers, employees, the municipality of Millstadt, Village of Millstadt and Board including any and all claims for damage caused by the negligence of any of them, arising out of my participation in the event and its related activities, together with any cost including attorney's fees that may be incurred as a result of any such claim whether valid or not and, (b) Indemnify and hold harmless the releases and each of them against any such claim that I or my guests or any one or more of my or their executors, administrators, heirs, next of kin may have or assert and 3. I hereby acknowledge that I have sole responsibility for my personal possessions and athletic equipment during the Millstadt Biathlon/5K event and its related activities. 4. I hereby acknowledge that participation in the Biathlon/5K competition carries with it potential hazard. I therefore release the Millstadt Biathlon/5K Events Committee, their officers, directors, members, volunteers, employees, agents, the municipality, Millstadt Park Board of any liability in the event of injury or death during the event. 5. I hereby attest and verify that I am physically fit and have sufficiently trained for this competition and that my physical condition has been verified by a licensed medical doctor. 6. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during the Millstadt Biathlon/5K. Furthermore I agree to be picked up by sag wagon if not finished by 11:00 A.M.

I agree to the above waiver conditions:

Signature 1) _____ Date _____

2) _____ Date _____

Biathlon team must have 2 signatures

CONSENT OF MINOR'S PARENT/GUARDIAN _____

REGISTRATION IS UNACCEPTABLE UNLESS WAIVER IS SIGNED AND MONEY IS RECEIVED