

GET UP AND GO!

HEALTHY KIDS RUNNING SERIES



LAKE AND MCHENRY COUNTY, IL

Big Hollow School

33335 N. Fish Lake Road
Ingleside, IL 60041

April 30, May 7, 21, 28 & June 4
Sundays, 11:30AM

SCORING/DETAILS

- Points based on finish.
- Runners with the most points after final race win trophies.
- Tech T-Shirts and Race bags for Full Series Participants!
- Medal for ALL runners at Week 5.



DIVISION	DISTANCE
Pre-K 2/3yr	50 Yard Dash
Pre-K 4/5yr	75 Yard Dash
K & 1st	1/4 Mile
2nd & 3rd	1/2 Mile
4th & 5th	1 Mile
6th, 7th, 8th	1 Mile

*All races will be the same distances each week.

For more information, please contact
Jennifer Johnson at 847.409.1876 or at
hkrlakeandmchenry@gmail.com

HealthyKidsRunningSeries.org

\$35 FULL SERIES*
(Five-week series) **PER RACE \$10**

*Registration is nonrefundable.

SPONSORS



Please cut and mail form back.

Sign up online or mail
this form with check
payable to Healthy
Kids Running Series at:

Healthy Kids Running Series
The Mill
381 Brinton Lake Rd.
Thornton, PA 19373

Sign up for the entire Series or a single race: Entire Series OR Single Repeat Single Upgrade to Full

Participant Name _____ M F / /
Gender (circle) DOB

T-Shirt Size (Full Series Only): XS S M L XL 2XL 3XL 4XL 5XL
Grade Category: Pre-K-2/3yr Pre-K-4/5yr K/1st 2nd/3rd 4th/5th 6th/7th/8th

Email Address _____ Phone _____

Address _____ City _____ State _____ Zip _____

Emergency Contact Name _____ Check No. _____ Cash
(For RWRS Coordinators 60)

As the parent or legal guardian of the children named, I hereby give my full consent and approval for my child to participate in the Healthy Kids Running Series. In addition to giving my full consent for my child's participation, I do hereby waive, release, hold harmless and forever discharge Healthy Kids Running Series, Patten Sports Group, the Community Coordinators, its officers, staff, sponsors, supervisors, and representatives for any injury that may be suffered by my child in normal cause of participation in the designated sport and the activities incidental thereto, whether paid damages, injury, or loss due to negligence or not. Additionally I grant Healthy Kids Running Series permission to use my child's name, image, voice, and identity in any program for promotion of Healthy Kids Running Series including written materials, website materials on any and all Healthy Kids Running Series publication across the entire worldwide web including but not limited to www.HealthyKidsRunningSeries.com and its sub domains, Facebook, Twitter, Flickr, PrePost, any other unnamed form of social media, video, audio, or other forms without prior consent or compensation. Lastly, I understand in the event Healthy Kids Running Series does not take place due to natural disaster, pandemic, a severe weather event, acts of war, acts of God or force majeure, that my child's registration will not be refunded.

Signature of parent or guardian if under 18 years of age.

Date