

# NITRO 10K/5K at the Sycamore Speedway

9:00 AM May 22<sup>nd</sup> 2010



First: \_\_\_\_\_ Last: \_\_\_\_\_ Sex M/F Birth Date \_\_/\_\_/\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip Code \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_-\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_-\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_-\_\_\_\_

Email Address \_\_\_\_\_ Referred By \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Number: \_\_\_\_\_ d8u

Select a distance:

- 10K** (6.2 Miles) \$29 up to May 20<sup>th</sup> (\$35 Race Day). NITRO members apply \$5 discount (\$24/\$30).
- 5K** (3.1 Miles) \$24 up to May 20<sup>th</sup> (\$30 Race Day). NITRO members apply \$3 discount (\$21/\$27).
- Kids Run** (1/4) \$5 (same on Race Day).

**Shirt Size** (circle one) S M L XL XXL

## Additional Kids for Kids Run

First: \_\_\_\_\_ Last: \_\_\_\_\_ Sex M/F Birth Date \_\_/\_\_/\_\_\_\_

First: \_\_\_\_\_ Last: \_\_\_\_\_ Sex M/F Birth Date \_\_/\_\_/\_\_\_\_

## Waiver and Release

In consideration of being permitted to participate in NITRO races &/or training programs, I do hereby, for myself and heirs and personal representatives, release and discharge the Northern Illinois Trail Runners Organization (NITRO), DeKalb County Forest Preserve, Kane County Forest Preserve, Sycamore Speedway, Sycamore Park District, Fitworkz, Kishwaukee YMCA, and DeKalb Park District and their affiliates, agents, employees, officers, directors, successors, assigns and all other persons connected with these races and programs, from any and all liability on account of any injury, death or damage growing out of my participation, whether caused by their negligence or otherwise. I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings or any other record of this program for any legitimate purpose, without monetary payment to me. I am physically fit and sufficiently trained to participate in these events and recognize the risks involved, and intend by this release to assume full responsibility for anything that might happen to me. **No refunds.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Mail to: NITRO, c/o John Kearsing 471 Bush ST., DeKalb, IL 60115

Make Check Payable to NITRO, c/o John Kearsing

Visit [www.NITROruns.com](http://www.NITROruns.com) for more race information