

Red Bud Distance Tune-Up

3rd annual
formerly RBHS NEON 5k

Date: June 17, 2017 Time: 7:30pm Location: Lincoln Park

Timing by: Toolen's Running Start Sponsored by Red Bud Cross Country Team

Course: Flat some hills, starts and ends at Lincoln Park

New this year is a 1k for kids 10 and under and Teams of 3 for the 5k

T-Shirts guaranteed to pre-registered entrants by May 31, 2017

Packet Pickup on June 16, 2017 at Lincoln Park from 6:00 to 8:00pm and race day from 6:00 to 7:15pm

Fee: 5k - \$25.00 Kids 1k - \$10.00

Medals for the top 3 teams if there is enough interest. 5k Awards: Medals to the Top Overall 2 Male and Female. Medals to the top 3 in each age group. Kids 1k: All kids will receive medal. Team people will qualify for an individual medal for age division.

Age Groups: 12 and under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60+

Please circle one: 5k 1k *10 and under only

Gender: M or F T-Shirt Size: YS YM YL S M L XL XXL

NAME: _____

ADDRESS: _____

CITY: _____ ZIP: _____

PHONE: _____ EMAIL: _____

Age as of June 17, 2017: _____

TEAM NAME: _____

Team Members:

1.(Yourself) _____ 2. _____

3. _____ Please list all team members. *You and your other 2 runners fill out a registration form with your individual information.

Make checks payable to: RBHS Cross Country Mail to: Tracy Burmester 5524 Richfield Rd. Red Bud, IL 62278 Any questions call: 618-282-2241 or email at tburmester80@gmail.com

WAIVER OF LIABILITY: In consideration of this entry I the undersigned intending to be legally bound hereby to myself, heirs executors and administrators waive and release any and all rights and claims for damages I may have against the Red Bud High School the RBHS Cross Country Program, the City of Red Bud, and the representatives, successors assignees an all sponsors for any and all injuries suffered by me in said event.

Signature: _____ Date: _____

Guardian (if under 18) _____ Date: _____