NOWL THROUGH THE HILLS 8 th ANNUAL 5K RUN/WALK 9:00 AM SATURDAY, OCTOBER 28, 2023	CO-HOSTED BY CITY OF HICKORY HILLS & NORTH PALOS SCHOOL DISTRICT 117 PROCEEDS BENEFIT HICKORY-PALOS SERTOMA CLUB				
REGISTRATION FORM **PRINT CLEARLY** Participant Name:					
Email:					
Address:	City:				
State: Zip: Phone Number:					

Waiver and Release

I recognize and acknowledge that there are certain risks of physical injury to participants in this event, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that I and/or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with this activity. I further agree to waive and relinquish all claims I and/or my minor child/ward may have as a result of participating in this activity against the City of Hickory Hills, respective officials, agents, volunteers and employees (hereinafter collectively referred to as "Parties"). I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss and I and/or my minor child/ward 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 event. I further agree that this agreement shall be governed by the State of Illinois. By participating in this event, the City of Hickory Hills has the right to reproduce/use photos taken of the event and participants on race day.

I understand and agree to the waiver and release.

EMERGENCY CONTACT: PHONE NUMBER:

SIGNATURE (Parent/guardian if participant is a minor)

	By Sept. 29	Sept. 30 – Oct. 27	Race Day	SELECT SHIRT SIZE		<u>E</u>	
 	5 1	Oct. 27	,		_		
5K (19 & older)	\$30	\$35	\$40	YOUTH:	L		
5K (18 & under)	\$20	\$25	\$30	ADULT:	S	м	L
5K (NPD 117 Faculty/ Staff) Location:	\$20	\$20	\$25		XL	XXL	_

We cannot guarantee that all sizes will be available after October 1st

Return form and payment to: City of Hickory Hills, 8652 W. 95th Street, Hickory Hills, IL 60457 Check Payable to **CITY OF HICKORY HILLS** **Note: 3% fee for credit/debit card payments.** Online registration available through Oct. 25th at: http://raceroster.com/79126 Questions? Contact Sharon at 708-430-7113 or smarciano@hickoryhillsil.org