

PRESORTED
STANDARD
U.S. POSTAGE
PAID
ALGONQUIN, IL
PERMIT NO. 8

SUNSET 5K
Village of Lake in the Hills
Parks & Recreation Department
600 Harvest Gate
Lake in the Hills, IL 60156



FRIDAY • AUGUST 31 • 2012 • 7:00 PM



5K Run/2 Mile Walk

**Race Day
Registration
and
Packet
Pick-Up
5:30 PM**

**Race
Start Time
7:00 PM**

**Short Sleeve
Technical
Shirts for
Participants**

**Fruit
Food Voucher**

**Beverages
Free Concert**



Village of Lake in the Hills
Parks & Recreation Department



SUMMER SUNSET 5K RUN/2 MILE WALK

**FRIDAY • AUGUST 31 • 2012
SUNSET PARK • 5200 Miller Road • LITH**

DISTANCE

- 5K (3.1 miles) Run
- 2 Mile Walk

AGE DIVISIONS *(Male and Female)*

10 & Under	25 – 29	45 – 49
11 – 14	30 – 34	50 – 54
15 – 19	35 – 39	55 – 59
20 – 24	40 – 44	60 – 64
		65 & Over

FEES

Thru August 27:	\$25
August 28 – August 31:	\$30

REGISTRATION

On-line: At www.lith.org
(thru Noon on 8/31/12)
or
www.signmeup.com/80632
(thru 5:00 PM on 8/29/12)

By mail: Send this form and check made payable to:
Village of Lake in the Hills
Attn: Sunset 5K
600 Harvest Gate
Lake in the Hills, IL 60156

In person: Village of Lake in the Hills
Village Hall
600 Harvest Gate
Lake in the Hills, IL 60156

Race-day: Friday, August 31
5:30 – 6:45 PM

INFORMATION

847. 960. 7460 or www.lith.org



www.lith.org • 847. 960. 7460

2012 RACE DAY INFORMATION



START TIMES

Registration 5:30 – 6:45 PM
 Packet Pick-up 5:30 – 6:45 PM
 5K Run/2 Mile Walk 7:00 PM

THE COURSE

This 5K (3.1 Mile) Run/2 Mile Walk course will be flat and fast with no need to worry about hills. The evening air is sure to make for an enjoyable race.

THE EVENT

The Summer Sunset Festival was developed to promote a community festival during Labor Day weekend. All those who are involved in this weekend are volunteers of the community. Stay and listen to the bands, enjoy the variety of food and the fun of the carnival, or perhaps come back with your family on Saturday or Sunday. For more information, visit the event website at www.summersunsetfest.com.

PREMIUMS

All paid participants will receive a limited-print, short-sleeve technical shirt, fruit and beverage. Plus, racers can enjoy the variety of foods available at the Summer Sunset Festival Food & Beer Tent with the use of a complementary Festival Food Voucher.

AWARDS

Awards will be given out at the Sunset Festival Main Stage at approximately 8:15 PM, pending when the last person crosses the finish line. Awards will be given to the 5K male/female overall winners and are 3 deep for each 5K age category. Race results will be posted onsite at the Sunset Festival Information booth and online at www.racetime.info.

LOCATION

The Race Day Headquarters is located near the basketball court at Sunset Park, home of the Summer Sunset Festival. Sunset Park is located at 5200 Miller Road in Lake in the Hills. From Randall Road, take Algonquin Road (Rt. 62) west approximately 2.5 miles to Lakewood Road. Take Lakewood Road north to Miller Road. Take Miller Road west. Follow the signs to Sunset Park.



NO REFUNDS
 are issued
 for races or
 special events.

2012 SUNSET 5K RUN/2 MILE WALK ENTRY FORM

**SAVE TIME-
 REGISTER ONLINE!**
www.signmeup.com/80632
 or www.liith.org

Last Name _____		First Name _____	
Address _____		City _____	Zip _____
Day Phone Number _____		Evening Phone Number _____	
E-mail Address (for confirmation and updates) _____		Age (As of 8/31/12) _____	Date of Birth _____
<input type="checkbox"/> Female <input type="checkbox"/> Male		Years Attending Race _____	

EVENT <i>(please check one)</i>	Thru 8/27	8/28 – 8/31
5K Run (1360/16)	<input type="checkbox"/> \$25	<input type="checkbox"/> \$30
2 Mile Walk (1360/17)	<input type="checkbox"/> \$25	<input type="checkbox"/> \$30

T-SHIRT SIZES *(please check one)*

Small
 Medium
 Large
 Extra Large



THIS IS AN IMPORTANT WAIVER. PLEASE READ CAREFULLY

Each of the undersigned, (the participant and participant's parent or guardian) realize the inherent risks involved in the event and assume any and all such risks. Each of the undersigned and his or her heirs, personal representatives, assigns and all other persons claiming under or through each of the undersigned, WAIVE, RELEASE, FOREVER DISCHARGE, COVENANT NOT TO SUE AND AGREE TO INDEMNIFY AND HOLD HARMLESS the Village of Lake in the Hills, their officials, employees, agents and volunteers as well as each of the event's sponsors, of and from all liability, loss, claims, demands, judgments, and expenses, known or unknown, in connection with the event, that may accrue by reason of any loss, damage, or injury or death to me, in any way arising in connection with or relating to the event, regardless of the manner in which such loss, damage, injury or death is caused, including acts or negligence of any of the released (unless such acts or negligence constitute recklessness or willful misconduct). Each of the undersigned agree that there shall be no refunds if the event is cancelled. Each of the undersigned understand that each participant registering for this strenuous event is encouraged to seek a physician's approval. Also, each of the undersigned permit the taking of photos, audio and video taping of themselves during the event for publication and use as the Village of the Lake in the Hills deems appropriate. Each of the undersigned will pay for the participant's medical and emergency expenses in case of accident, illness or incapacity regardless of whether he or she has authorized such expenses. Each of the undersigned has read this waiver and release and understands it.

Signature of Participant _____ Date _____

I am the parent and natural guardian or legal guardian of the above-signed minor child participant and in consideration of the permission extended to my child to participate in the event. By my signature, I certify the participant: (1) is my minor child or ward; and (2) has no history of injury or disease which might be affected by this event. I further represent that I am in fact acting in my capacity as parent or guardian, and understand and agree to the terms of the above waiver and release.

Signature of Parent or Guardian _____ Date _____

Make checks payable & mail to: Village of Lake in the Hills Attn: Sunset 5K 600 Harvest Gate Lake in the Hills, IL 60156	Check # _____ Cash \$ _____	Date _____ OFFICE USE ONLY Race # _____
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