

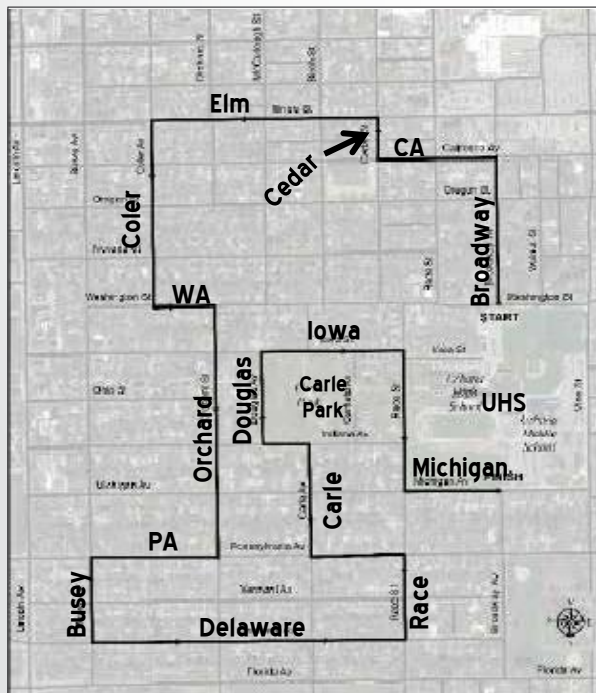
mission

The proceeds from this event will go directly to the UHS athletic department and be used to update the equipment in the UHS weight room, which is now known as the John Gremer Strength and Conditioning Facility after the late John Gremer, who was a long-time teacher and coach at UHS and a well-respected man in the Urbana community.

course

The race will go on a scenic route through the state streets of Urbana.

Water, fruit, and other health snacks will be available both before and after the race. During our post-race activities, we will also offer tasty/healthy dessert treats such as sorbet and frozen yogurt.



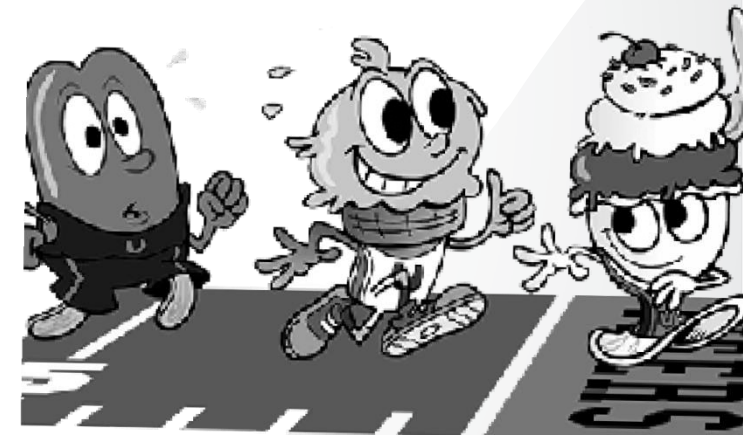
a special thank you
to our tiger pride
level sponsors



FOURTH ANNUAL

SUNDAE 5K

RUN & WALK
JUNIOR SUNDAE 1K



SUNDAY, OCTOBER 2nd, 2016 • 8:00 AM

schedule of events

Sunday, October 2, 2016

Race Day Check-in 7-7:45am
 5K Run/Walk 8:00 am
 Junior 1K 9:30 am
 Awards and Gift Distribution 10:15 am

Race Day check-in begins at 7:00 am and will take place in the UHS Athletics Complex. Check-in will end at 7:45 and the race will promptly begin at 8:00 am. The start line is located at Washington and Broadway.

The top 3 male and female finishers in the 5K Run/Walk will receive gift certificates from Body 'n' Sole. All participants in the Junior 1K will receive a ribbon. You must be 10 years of age and younger to participate in the Junior 1K.

For Online Registration

<https://goo.gl/forms/6e1HmYfQeyMAQbOr1>

For more information:

Facebook: Urbana Athletics Sundae 5k
 Twitter: @sundae5k
 Email: UHSSundae5k@outlook.com

registration

Detach and return this form to:
 Urbana High School
 c/o Sundae 5K Run/Walk
 1002 S. Race St.
 Urbana, IL 61801

Registration Fee Information:
 Please make checks payable to
 UHS Athletics.
 5K {\$25} 1K {\$10}

Name & Address: {please print}

First Name: _____ Last Name: _____
 Mailing Address: _____ City: _____ State: _____ Zip: _____
 Phone Number: { } _____ Email: _____
 Age: _____ Gender: {M} {F} Shirt Size {circle one} YS YM YL S M L XL

Additional Participants: {please print}

Name: _____ Age: _____ Gender: {M} {F}
 Select event {circle one} 5K 1K Shirt Size {circle one} YS YM YL S M L XL
 Name: _____ Age: _____ Gender: {M} {F}
 Select event {circle one} 5K 1K Shirt Size {circle one} YS YM YL S M L XL
 Name: _____ Age: _____ Gender: {M} {F}
 Select event {circle one} 5K 1K Shirt Size {circle one} YS YM YL S M L XL

Disclaimer of Liability:

The Urbana School District, its staff, and its athletic department do not assume any liability for any injuries incurred while an individual is participating in this event. Individuals who participate in this 5K Run/Walk event do so at his/her own risk. Completing a 5K race is physical in nature and those who elect to participate must recognize that injuries may occur.

The Urbana School District and its staff shall not be held liable for any damages arising from personal injury sustained by the participant. The participants or the parents of our child participants assume full responsibility for any damages or injuries which may occur during this activity and so hereby fully and forever exonerate and discharge the Urbana School District, its athletic department, its staff, its Board of Education, employees, and agents from any and all claims, demands, damages, rights of action, causes of action present or future whether the same be known, anticipated, or unanticipated resulting from or arising out of participation in this 5K race or the use of district facilities while acting as a member of this activity.

_____/_____/_____
 Participant #1 signature date if under 18, parent or guardian signature

_____/_____/_____
 Participant #2 signature date if under 18, parent or guardian signature

_____/_____/_____
 Participant #3 signature date if under 18, parent or guardian signature

_____/_____/_____
 Participant #4 signature date if under 18, parent or guardian signature