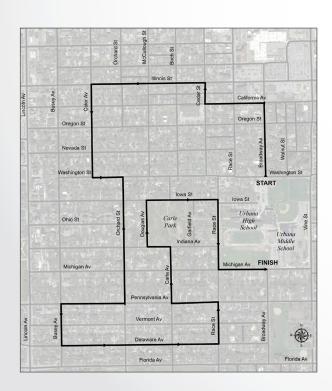
### mission

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. The weight room will later be named the John Gremer Strength and Conditioning Facility after the late John Gremer, who was a long-time teacher and coach at UHS and well-respected man in the Urbana community. The upgrading of the UHS weight room will contribute to giving our students and athletes a competitive advantage as they compete and strive to reach new heights in interscholastic sports and lifetime fitness.

#### 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 postrace 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







No Hassles • All Fitness™









FIRST ANNUAL

# SUNDAE 5K

RUN & WALK
JUNIOR SUNDAE 1K



# schedule of events Sunday, September 29, 2013

Race Day Check-in 7-7:45 am
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 just west of the concession area. During check-in, participants will be able to check their personal belongings and pick up their race packets. 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 more information, please visit: usd116.org/uhs

## registration

Participant #4 signature

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}
The registration deadline is Friday, September 20.

if under 18, parent or quardian signature

Name & Address: {please print}

First Name:	Last Name:					
Mailing Address:	City:		State	:	Zip:_	
Phone Number: {}	Email:					
Age: Gender: {M} {F} Shirt Si	ize {circle one} YS Y	M YL	S	M	L	XL
Additional Participants: {please print	}					
Name:	Age	e:	_Gen	der:	$\{M\}$	{F}
Select event (circle one) 5K 1K	Shirt Size (circle one)	YS YM	YL	S	Μ	L XI
Name:	Age	e:	_Gen	der:	$\{M\}$	{F}
Select event (circle one) 5K 1K	Shirt Size (circle one)	YS YM	YL	S	Μ	L XI
Name:	Age	e:	_Gen	der:	$\{M\}$	{F}
Select event (circle one) 5K 1K	Shirt Size (circle one)	YS YM	YL	S	Μ	L XI
Disclaimer of Liability: The Urbana School District, its staff, and its athletic departme in this event. Individuals who participate in this 5K Run/Walk e elect to participate must recognize that injuries may occur.						
The Urbana School District and its staff shall not be held liable participant. The participants or the parents of our child partic activity and so hereby fully and forever exonerate and dischemployees, and agents from any and all claims, demands, denticipated, or unanticipated resulting from or arising out of pactivity.	cipants assume full responsibility for an narge the Urbana School District, its at amages, rights of action, causes of ac	y damages or hletic departm tion present or	injuries wh ent, its sto future whe	iff, its Bo	ard of E e same b	ducation be known
Participant #1 signature date	if under 18, pare	ent or guara	lian sign	ature		
Participant #2 signature date	if under 18, pare	ent or guara	lan sign	ature		
Participant #3 signature date	if under 18, pare	ent or guara	lian sign	ature		

date