

PLAINFIELD NORTH HIGH SCHOOL BOYS TRACK & FIELD TEAM PRESENTS THE 8TH ANNUAL



SATURDAY, MARCH 30, 2019

Plainfield North High School
12005 S. 248th Ave, Plainfield, IL 60585

1 Mile Kids Fun Run	8:00am
5k/10k	8:30am

RACE INFORMATION

Course: USATF Certified- Flat & Fast! 5K loop (half roads, half paved path). 10K will run two loops.

Results: The race results will be available at www.runfastcat.com after the event.

Packet Pick-Up/ Registration: Packet pick-up will be held at Roadrunner Sports (2555 W. 75th St.- Naperville) on Thursday, March 28, and Friday, March 29, from 4–7 p.m. Race day registration and packet pick-up will also be available at Plainfield North High School in the main entrance lobby beginning at 6:30 a.m.

REGISTRATION FEES

5K/10K (Through 3/15/17) \$30

5K/10K (In-Person at Packet Pick-Up or Race Day) \$35

DISCOUNT FOR YOUNG RUNNERS

5K/10K (18 and under) \$20

Kids Run (Ages 5-12) \$10

- Custom medals for Age Group Top 3 in each race.
- Gift Cards from Geneva Running Outfitters for Overall winners.
- Post race party
- Stylish, dri-Fit event t shirt

REGISTER ONLINE AT RUNFASTCAT.COM OR COMPLETE AND MAIL THIS REGISTRATION FORM TO:

PNHS c/o Andy Derks, 12005 S. 248th, Plainfield, IL 60585- Checks should be made out to PNHS

Must be IN THE MAIL by March 15- after that, register online through March 30. In-person registration available on race day.

Name: _____ Gender: M F Age on Race Day: _____

Address: City/State/zip _____

Phone: _____ E-mail: _____

T-shirt Size: MALE: S M L XL XXL FEMALE: S M L XL YOUTH: S M L XL

_____ 5K Run/Walk: _____ 10K Run: ___ Kids 1-mile (Ages 5-12): Total Enclosed: _____

I acknowledge that a running event is an extreme test of a person’s physical and mental limits and carries with it the potential for death, serious injury and/or personal loss. I hereby assume the risk of participating in the Fast Cat 5k, 10k and 2x5k Relay race. I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: a) waive, release, discharge and agree not to sue, from any liability for my death, disability, personal injury, property damage, property theft, or action of any kind which may hereafter occur to me as a result of my participation in the aforementioned events; b) the following persons or entities: Plainfield School District 202 and Plainfield North High School, race director, event volunteers, club members and officers, sponsors and all cities, counties, districts in which said event may be staged or in which segments of said events may run and their officers, directors, employees, representatives, and agents. I agree to allow my photograph, video or _lm likeness to be used for legitimate purposes by Plainfield North High School and the Fast Cat race director, the event sponsors and/or assigns.

Signature (Parent) : _____ Date: _____

This event benefits the PNHS Boys Track & Field Team as well as the Plainfield Emergency Management Agency.