



# NWFD Desire & Courage 5k for BACKSTOPPERS



3rd Annual - Cross Country 5k Run/Walk  
Saturday, July 29, 2017; 8 A.M. Start

Belleville West High School – 4063 Frank Scott Parkway West, Belleville, IL  
Forms available at: Toolen’s Running Start, St. Louis Track Club website

**Race Day Registration: 6:45 am – 7:45 am**

**Early Packet Pickup: July 27th, 4 pm – 7 pm @ Northwest Station #2, 3407 South Belt West**

**\*\*\*All 5K & Virtual entries will be registered for attendance prizes!!!\*\***

\* Top 3 male & female finishers of the 5K receive trophies.

\* The top 3 finishers in each age division receive medals. (No duplication of awards)

\* Age groups for male & female – 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over, Masters (1<sup>st</sup> place).

**Emergency Responder Award – First active Firefighter, EMT, or Police Officer to finish 5K**

*\*Virtual Runner \$15.00\**

*Performance short sleeve shirt guaranteed if registered by 7/12; Timing: Toolen’s Running Start*

Questions or sponsorship opportunities: Contact A/C Mark Goerger 618-233-0235 or [nwfpd4201@nwfiredistrict.net](mailto:nwfpd4201@nwfiredistrict.net)

**Attendance Prizes! All proceeds benefit BackStoppers & Northwest Fire District**

\* \* \* \* \*

Make checks payable, & send to: Northwest Fire District, 3407 South Belt West, Belleville, IL 62226

*\*Please use a separate form for each entry\**

Name \_\_\_\_\_ Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Phone \_\_\_\_\_

Sex \_\_\_\_\_ Age (as of 7/29/17) \_\_\_\_\_ Email \_\_\_\_\_

If you are an active firefighter, EMT, or police officer, indicate Dept. \_\_\_\_\_

Entry Fees: 5K \_\_\_\_\_ Postmarked by July 12<sup>th</sup>: \$25  
\_\_\_\_\_ Postmarked July 13<sup>th</sup> thru race day: \$30

*“I do not want to run or walk. I want to be a Virtual Runner!” \_\_\_\_\_ \$15 (T-shirt sent after event)*

**Shirt Size - Adult Sizes:** \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_ XX-Large  
Youth Large \_\_\_\_\_

**WAIVER, RELEASE & INDEMNIFICATION** (In consideration of the acceptance of my entry in the 5k Run/Walk). I hereby agree to comply with all rules and regulations and event instructions of the Run/Walk and its Events Committee members. 2. For myself, my executors, administrators, heirs, next of kin. I hereby: (a) Waiver and release any and all claims that I may have against the Run/Walk, its Events Committee, their officers, directors, members, volunteers, employees, Northwest Fire Protection District, Belleville Township High School District 201 including any and all claims for damage caused by the negligence of any of them, arising out of my participation in the event and its related activities, together with any cost including attorney’s fees that may be incurred as a result of any such claim whether valid or not and, (b) Indemnify and hold harmless the releases and each of them against any such claim that I or my guests or any one or more of my or their executors, administrators, heirs, next of kin may have or assert and 3. I hereby acknowledge that I have sole responsibility for my personal possessions and athletic equipment during the Run/Walk, and its related activities. 4. I hereby acknowledge that participation in the 5k Run/Walk event carries with it potential hazard. I therefore release the 5k Run/Walk Events Committee, their officers, directors, members, volunteers, employees, agents, Northwest Fire District and Belleville Township High School District 201 of any liability in the event of injury or death during the event. 5. I hereby attest and verify that I am physically fit and have sufficiently trained for this competition and that my physical condition has been verified by a licensed medical doctor. 6. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during the Run/Walk. 7. No refunds, including due to event cancellation.

I agree to the above waiver conditions:

Signature \_\_\_\_\_ Date \_\_\_\_\_

CONSENT OF MINOR’S PARENT/GUARDIAN \_\_\_\_\_