



2017 Fit for Life Run/Walk Series

Saturday, June 24 – Healthy Heart 5K (@ St. Francis Hospital)

Saturday, August 5 – Quadruple Bypass 4K Hill Challenge (@ Beach House, Lake Lou Yaeger)

Saturday, August 26 – Life Changing 10K (Litchfield High School)

- TIME:** Registration 7:00 – 7:45 am for 5K & 4K, 10K registration 6:00-6:45 am
E5K and 4K races begin at 8:00 am 10K race begins at 7:00 AM
 - REGISTRATION:** \$20 per race
\$50 for all 3 races when registered at the same time prior to June 11 (\$70 after June 11)
\$30 race day registration (shirt not guaranteed)
Cash, Check or Online via Active.com
 - AWARDS:** **FINISHER MEDAL FOR ALL WHO COMPLETE THE ENTIRE SERIES**
Overall male and female winner for each individual race
Ribbons to top three male and female for each individual race in each of the following age groups:
9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over
 - RESULTS:** Check website for results www.mmmultisport.com
 - CANCELLATIONS:** The "Series" goes on rain or shine. No refunds will be given. Shirts and awards will not be mailed.
- Other race information available at www.mmmultisport.com



HSHS St. Francis Hospital
HEALTHY HEART 5K June 24, 2017
M&M MULTISPORT CLUB
To guarantee tshirt
Register by 6/11

HSHS St. Francis Hospital
Quadruple Bypass 4K August 5, 2017
M&M MULTISPORT CLUB
To guarantee tank
Register by 7/23

HSHS St. Francis Hospital
LIFE CHANGING 10K AUGUST 26, 2017
M&M MULTISPORT CLUB
To guarantee 1/2 zip pullover
Register by 8/6 **Remember 7 AM start**

Fit for Life Series
To guarantee shirts
Register by 6/11

Please PRINT clearly:

Name: _____

Address: _____

City/St/Zip: _____ Phone: _____

Email address: _____

Sex: M F Birthdate: _____
MM/DD/YYYY

5K size: _____

4K size: _____

10K size : _____

Sizes Available: Youth Med Youth Ig
Adult Sm Adult Med Adult Ig
Adult XL Adult XXL

WAIVER OF LIABILITY: In consideration for accepting this entry, I, the undersigned, being of legal age, and intending to be legally bound, hereby, for myself, my heirs, executors, administrators and assigns, hereby waive and release any claim and rights I may have for any injuries or damage I may sustain as a result of my participating in the Fit for Life Series. This release is specifically meant to release all said claims as they relate to the sponsors of the event, their representatives and agents, including, but not by way of limitation, M&M Multisport Club. I specifically state that I am physically fit and am able to compete in this event. I further state that in the event it becomes necessary to incur any expenses or become obligated to pay any attorney fees or costs to enforce this agreement, that the undersigned shall reimburse the sponsors heretofore named for all expenses, including, but not by way of limitation, attorney fees and costs incurred. Further, I grant full permission for the free use of my name and/or any photographs, videotapes, or any other record of this event for legitimate purposes. I have carefully read this release and fully understand its contents. I am aware that this is a release of liability and a legal and binding contract, and I am signing this agreement free of my own will.

Signature (parent or guardian if under the age of 18) _____ Date _____ Printed Name _____

Return form & check payable to M&M Multisport Club, memo Fit for Life, 1505 N Harrison Street, Litchfield, IL 62056

