



Fifth Annual Trinity 5K Run/Walk Shuffle

RUNNERS ON YOUR MARK, GET SET, SHUFFLE!

Trinity Catholic Academy of La Salle is hosting the fifth annual 5K run/walk

SATURDAY, SEPTEMBER 30th starting at 9am

Registration starts at 7am

Course designed to go through scenic La Salle streets starting and finishing at TCA school

We will have awards for First Place Overall Female and Male Runners
and Medals for top three in the following categories:

10 and under Male/Female * 11-20 Male/Female

21-30 Male/Female * 31-40 Male/Female

41-50 Male/Female * 51-60 Male/Female

61-70 Male/Female * 71+ Male/Female

First Male/Female TCA students

Refreshments will be provided after race

Pre-Registration fee by September 15th to guarantee shirt is \$20

Race day registration fee is \$25

Complete form and return to TCA CO/TCA5K, 650 4th Street, La Salle, IL 61301

Questions can be directed to Jenny Peters at 815-223-8523



Name: First _____ Last _____

Male _____ Female _____ Date of Birth _____ Age _____

Address _____ City _____ State _____

Phone _____ Shirt size (circle one): **YS YM YL S M L XL**

Email _____

Waiver (Read before signing): I know that participation in this event is a potentially hazardous activity. I will not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of any race official as to my ability to safely complete the event. I assume all risks associated with this event, including but not limited to falls, contact with other participants, effects of weather (including excessive heat), traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Town of La Salle, Trinity Catholic Academy, race officials, volunteers, and all sponsors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. I know that dogs, bicycles, in-line skates, and head phones are not allowed on the course.

Signature of Athlete (or Parent if under 18 years of age) _____

Emergency contact/phone _____

Date _____

For official use only. Do not mark.

RUNNER NO. _____