

Rockford Road Runners 2012 Winter Handicap Runs

Race Objectives	The races are run on a handicap system so that slower runners start before faster runners and, theoretically, all cross the finish line simultaneously. Thus, everyone has an even chance of winning!
Who May Participate	The races are open to all who pay the entry fee, Rockford Road Runner member or not.
Entry Fee	\$2.00 per race or \$8.00 for the entire series of seven races if paid at the first race.
Race Specifics	All races are on Sunday afternoon at 1:00 p.m. Register by 12:45 p.m. Please note that there are no course marshals nor any water/aid stations on the race course and that running conditions can be hazardous. <div style="margin-left: 40px;"> February 12 Bike Path behind YMCA 2 miles February 19 Bike Path behind YMCA 3 miles February 26 Sinnissippi Park road 3 miles March 4 Bike Path behind YMCA 4 miles March 11 Sinnissippi Park road 4 miles March 18 Bike Path behind YMCA 5 miles March 25 Sinnissippi Park road 5 miles </div>
Weather Conditions	If the temperature at noon of the day of a race is 0° F or below, that race will be cancelled. A race could also be cancelled if the course is deemed to be too icy or otherwise dangerous. In the event of a race cancellation, the rest of the schedule will remain unchanged.
First Race Starting Time	The first race individual starting times are based on a runner's performance in these races in the prior two years. For new participants, the starting time will be based upon their age and gender. Handicap times for the following races will be set by the director and are final.
Race Results	Results of each race will be available at the following Sunday's race. Results of the last race will be published in the Newsletter, on the website www.rockfordroadrunners.org , or by e-mail.
Awards Eligibility	A runner's position in their best four races will count in the final overall standings with the lowest sum of the four determining position. Ties will be broken by the runner's fifth best position. Thus, a runner must participate in at least four of the seven races to be eligible for an award. Awards will be given to the top ten finishers.

Fill in and bring day of race

Name _____ Age _____ Sex _____ E-mail _____

Address _____ City _____ State _____ Zip _____

Waiver: I know that running a road race is potentially hazardous activity which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including cold temperatures, traffic and the conditions of the running surface, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed in the event and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Rockford Road Runners, the city of Rockford, the Rockford Park District, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signed _____ Date _____

Signature of Parent/Guardian if entrant is under 18