

Mustang Trot 5K Run/Walk Registration Form

(You can also register online at raceroster.com. A surcharge will apply to online registration. Online registration ends 4/11/2024.)

Payment & Runner Info: This community event is open to everyone regardless of where you live or what school you attend! Come help us raise money for Blessings in a Backpack for District 58! In order to compete, you must be in good health and physically prepared to take on the challenges of the event. You may walk or run at your own pace. Skateboards, skates & bikes are prohibited on the course. Dogs & jogging strollers are welcome. Please pick up after dogs. Online registration ends 4/11 and paper pre-registration ends on 4/13. Race day registration is available at an additional charge. Refunds will only be offered if the event is canceled. "STUDENT" refers to any person high school age or under.

COMPLETE ALL PARTS IN THIS SECTION

- Participant Name: _____
- Phone: _____
- E-Mail: _____
- Payment (cash or check made out to DGS):
 - Adult Pre-Register & Pay by 4/13/24 = \$25
 - Student Pre-Register & Pay by 4/13/24 = \$20
 - ALL Race-Day Registrations on 4/14/24 = \$30
- Age on race day 4/14/24 _____
- Gender category for awards (**CHECK ONE**):
 - Male
 - Female
- Adult Cotton Unisex T-Shirt Size
 - (**CIRCLE ONE**) S M L XL XXL XXXL
- If you are participating as a **TEAM MEMBER**, enter team name here (minimum 5 members, no maximum. See reverse side for team award info): _____

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK:

Please read this form carefully and be aware that in signing up and participating in this event, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this event. I recognize and acknowledge that there are certain risks of physical injury to participants in this event, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child/ward or I may sustain as a result of participating in any and all activities connected with or associated with this activity. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this activity against the (School/District/PTO/Park District), including its respective officials, agents, volunteers and employees (hereinafter collectively referred as "Parties"). I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this activity. I further agree that this agreement shall be governed by the State of Illinois. I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering online signature shall substitute for and have the same legal effect as an original form signature. No refunds will be given for any reason.

Signature of Participant

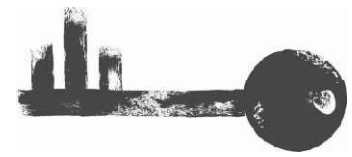
Date

Signature of Parent (if under 18)

Date

Please send payment and make check payable to:

Downers Grove South High School
Attn: Amy Klug
1436 Norfolk St.
Downers Grove, IL 60516



The Downers Grove South
High School
Key Club
Presents the 11th Annual

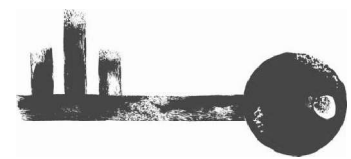
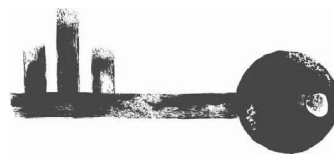
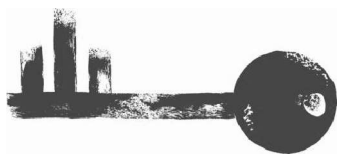
Mustang Trot 5K Run/Walk

Sunday, April 14, 2024
9:00 a.m.

Downers Grove South
High School
1436 Norfolk St.
Downers Grove, IL



USATF CERTIFICATION #IL18055NM



Event

The 11th Annual DGS Key Club Mustang Trot 5K Run/Walk will benefit Blessings in a Backpack for District 58!

Times

Race Day Registration & Packet Pick-Up: 8:00-8:45 am

5K Start: 9:00 am

Awards Ceremony: 10:00 am

Packet Pickup

Pre-Race packet pick up for DGS Students & Staff only: Friday, April 12th during all lunch periods in Student Commons

Public packet pickup: Saturday, April 13th from 10am – 1pm in the Main Entrance at DGS

*All participants can retrieve their packets on race day from 8:00 – 8:45 am at DGS. Contact aklug@csd99.org if you need to retrieve your packet outside of the designated packet pickup times.

Registration

Register by entry form on flyer or online at racetime.com. A surcharge applies for online registration. Online registration ends 04/11/2024. Return entry form to Amy Klug at DGS in Counseling.

*Race day registration will be available

*Refunds will only be issued if event is canceled

About Blessings in a Backpack for D58:

This year's philanthropy is Blessings in a Backpack for District 58, whose mission is to close the weekend hunger gap for almost 200 kids in Downers Grove!

Students in all 13 buildings of District 58 rely on the school's free and reduced-price meal program to provide the nourishment they need to learn and grow. A group of 17 local community volunteers are committed to feeding them on the weekends and during school vacations or other non-attendance days. As part of a national organization, they have access to dietitian approved pre-packed supplies which include well-known brands, such as Kellogg's, in more nutrition-forward formulations. Distribution of these bags is accomplished in collaboration with school staff in a discrete manner. Working together, we all make a difference in our community starting at 3 p.m. every Friday during the school year!

USATF Certified 5k Course Information:

USATF Certification Code IL18055NM
Runners will start and end on Norfolk Dr., just outside of the DGS parking lots. DGS students, staff, and friends will exhibit the Mustang Way by cheering on runners. The race will occur rain or shine, and will only be cancelled if the weather is dangerous. Participants will be e-mailed if the race is cancelled. The race will be timed by Race Time Inc. Race time results will be posted at www.racetime.info.
Parking is available at Downers Grove South High School. There will be no gear check at this event.

Contact us:

aklug@csd99.org, jerzig@csd99.org
630-795-8574, 630-795-8638

Awards

Individual Awards will be given to top 3 male and female finishers in each age category:

- 14 and under
- 15-18
- 19-24
- 25-30
- 31-39
- 40-49
- 50-59
- 60+

The **overall top male and female** will be given a separate award.

TEAM AWARDS: Must have at least 5 members to be eligible to compete as a team, no maximum. Teams with fewer than 5 members can run, but will not be eligible for awards. Team awards will be given to: Fastest Average Time; Best Team Name*; Best Team Costumes*.

*Decided by the Awards Committee Members

Participant Appreciation Prize Drawing

All participants may enter drawings for prizes such as gift certificates and goods from local vendors! The drawing will occur during the 5k race. Winners must be present to claim prizes.