

GREENWAVE 5K CHALLENGE

When: Friday July 12, 2019 at 7:00PM

Where: Mattoon High School's Cross Country Course behind Lake Land College – West Lot

Race Start:

- 1 Mile Fun Run Starts 6:30PM
- 3 Mile Race Starts 7:00PM

(Race Day Registration/Shirt Pick up – at the green tent behind Lake Land College 5:30PM – 6:30PM)

Awards

- Top overall winners for Male and Female receive medal and a \$50 gift
- Top 3 per age group in each race will receive a medal
- All 1 Mile Fun Run Participants will receive a ribbon
- Door prize drawing for all participants.

New this year!

Ken Myracle DMD

How to Register:

- Online at: <https://secure.getmeregistered.com>
- Search Mattoon Then GreenWave Challenge
- Mail in form with payment

Entry Fee:

All proceeds will go to Mattoon Cross Country

Before July 2nd: 3 Mile Race = \$25 - 1 Mile Fun Run = \$10

(Performance shirt to all pre-registered entries received by Tuesday July 2nd)

After July 2nd: 3Mile Race = \$35 - 1 Mile Fun Run = \$15

Make checks payable to: MHS

C/O: Troy Haacke

9 McGinnis Place, Mattoon IL 61938

Chip Timing and Results by:

Mattoon Multisport: www.mattoonmultisport.com

Bob James Dale Righter 19th St
DQ Freesmeier Chiropractic,
Heller & Holmes and Assoc.
Cross County Dental Center Dr.



**CARD'S
APPLIANCE**
217-234-8841



PORTER
Auto Body, Inc



SCHILLING
FUNERAL HOME & CREMATION SPECIALISTS
Serving more families in Coles County for over 100 years

**AMERICAN
SELECT TUBING**

Name _____ Male _____
Female _____

Address _____ City _____ State _____ Zip _____

Age on 7/12/19 _____
E-mail _____

Race Selection (Circle one): 3 Mile - \$25 1 Mile - \$10

After July 2nd: (Circle One): 3 Mile - \$35 1 Mile - \$15

On or Before July 2nd Shirt Size: YS YM YL AS AM AL AXL AXXL

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained to complete the course. I agree to abide by any decision of race official relative to my ability to safely complete the run. I assume all risks associated with running in the Green Wave Challenge 3 Mile or 1 mile fun run including but not limited to falls, contact with other participants, the effects of weather, traffic and conditions of the road, all such risks being known and appreciated by me. In consideration of acceptance of this entry, I hereby, for myself and my heirs, executors and administrators, waive any and all rights, claims and damages I may have against the sponsors, coordination groups, Mattoon High School, Lake Land College, City of Mattoon, Illinois and any individuals associated with the Green Wave Challenge 3 mile and 1 mile fun run. I acknowledge and agree that the official race director(s) reserves the right to delay or cancel the Event if the director believes the conditions on the race day are unsafe. In the event the race is delayed or cancelled for any reason (including but not limited to emergency or local or national disaster, acts of God or the elements (including without limitation, rain, snow, sleet, hail, thunder or lightning) or any other cause beyond the control of the Green Wave Challenge Event there shall be no refund. I acknowledge that all entry fees paid are non-refundable and non-transferable. I hereby grant permission to the parties listed herein to use my name and photographs, videotapes, motion pictures, recordings or any other record of my participation in this event for any purpose. Lastly, I understand that pacers, strollers, bicycles, roller blades/skates, or pets are not allowed in the race at any time. I have read and understand the forgoing Assumption of Risk and Release Agreement.

Participant's Signature (Parent or guardians signature if entrant under 18): _____ Date: _____

FOR MORE INFORMATION: Troy Haacke 217-259-5054 haacket@mattoon.k12.il.us

