

## PARTICIPANT WAIVER

I hereby waive and release Sunrise Center North and the Ellis House and Equestrian Center and the Kendall County Forest Preserve District (herein after "Promoter"), their affiliates and their officers, agents, employees, representatives and event volunteers from all responsibility or liability for injuries or damages to me resulting from or arising out of my participation in this event, including all injuries or damages to me resulting from or arising out of the negligent act or omission of the Promoter arising out of or in connection with my participation in this event. I understand and am aware that running, walking or participating in any activity such as this event is a potentially hazardous activity involving a risk of injury or death. The stress and exercise from an event of this nature can cause many types of injuries including cardiac injury and even death from cardiac or other medical emergencies. Additionally, I understand that there is a risk of injury from the condition of the course and premises where this event takes place such as pot holes, cracks, bumps and other natural and manmade conditions. I understand these and other potential risks and I am voluntarily participating in this event with knowledge of the dangers and risks involved. I hereby agree to expressly assume and accept all risks of injury or death associated with my participation in this event. I further give my full permission to the Promoter to use any photographs, videotapes or other recordings made of me the day of this Event.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of parent or guardian if under 18 years:  
\_\_\_\_\_

## Thank you to our Sponsors

### We appreciate your support!

Ask us about our sponsorships and how you can get involved. Every small gesture goes a long way!

#### About Sunrise Center North Therapeutic Riding Program

Sunrise Center North Therapeutic Riding Program provides horseback riding lessons and equine assisted activities to individuals with special needs. Our mission is to enhance the life of individuals with disabilities. We achieve our mission through the dedication of our volunteers and community.



United Way  
of Grundy County  
A United Way Partner Agency.

[www.sunrisenorth.org](http://www.sunrisenorth.org)  
Follow us on Facebook!

#### About The Ellis House and Equestrian Center

Our mission is to connect environmental stewardship with the equestrian, educational and recreational opportunities provided to county residents. We utilize horses to teach children and adults how conservation can be recreational as well as a regeneration of the environment we live in. Part of the care of the horse is the care of its environment. Every dollar and hour that is donated or paid to the Equestrian Center will go back into making the Center sustainable as well as improve recreational and educational activities.

[www.ellishec.com](http://www.ellishec.com)

Ellis House and Equestrian Center is owned and operated by the Kendall County Forest Preserve District.



Sunrise Center North Therapeutic Riding in  
partnership with Ellis House & Equestrian Center

Raising awareness and funding to  
enhance the lives of individuals  
with disabilities,  
one horse ride at a time!

Sunday, October 6th, 2019

Registration begins at 8am

Adult 5K Race begins at 9:30am

Kids 1 Mile Race begins at 11:00am

Register online: [www.sunrisenorth.org](http://www.sunrisenorth.org)

#### Race Location:

13986 McKanna Rd, Minooka, IL 60447

[www.sunrisenorth.org](http://www.sunrisenorth.org)

Contact: Kris Mondrella

815-467-9332



## RACE LOCATION



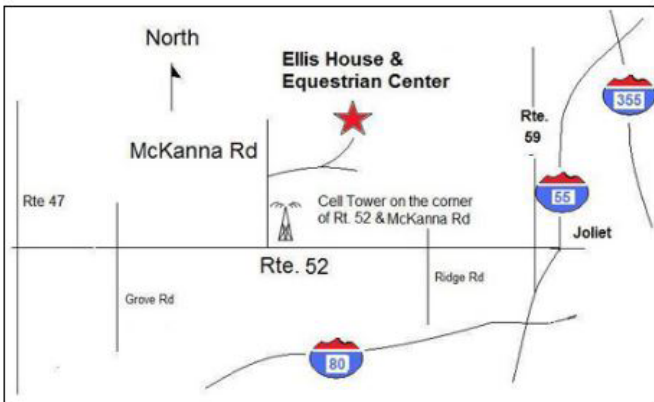
The Hoofin' It 5K Race/Walk will take place at the Kendall County Forest Preserve. The race is a scenic trail run around the Ellis House and Equestrian Center located in Minooka.



A detailed trail run map will be handed out prior to the run. The 3-mile fun run/walk will begin at 9:30am and registration will start at 8am. Winners of different age categories will be announced and awards given at 11:30am.

## LOCATION

Ellis House and Equestrian Center  
13986 McKanna Rd, Minooka, IL 60447



Come Join the Run...

# Hoofin' It! 5K Run/Walk!

## DATES & TIMES

**Sunday, October 6th, 2019**  
**Registration begins at: 8:00am**  
**Adult Race: 9:30am**  
**Kids Race (11 & under): 11:00am**  
**Award Ceremony 11:30am**

## AMENITIES

- Runners registered by 09/15/19 guaranteed T-Shirt
- All others will receive a t-shirt while supplies last
- Post-race Refreshments
- Awards: Age groups

Top 3 overall finishers will receive an award, but will not be eligible for age group awards. Top 3 male and female runners in each age division will receive an award.

## ENTRY FEE

Pre-registration by September 15	\$30.00
Late registration after September 15	\$35.00
Kids 1 Mile Run	\$10.00

To register online, visit: [sunrisenorth.org](http://sunrisenorth.org)

## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail: \_\_\_\_\_

Shirt Size Please Circle:

Youth Size: S M L (Adult sizes only)

Adult Size: S M L XL 2XL 3XL

[ ] Pre-registration by 09/15/2019 \$30.00

[ ] Late registration after 09/15/2019 \$35.00

[ ] Kids (11 & under) 1mile run \$10.00

**Make checks payable to:**

Sunrise Center North  
23061 South Thomas Dillon Dr.  
Channahon, IL 60410

**Form along with payment can be sent to or  
dropped off at:**

Ellis House and Equestrian Center  
13986 McKanna Rd, Minooka, IL 60447

To register online, visit: [sunrisenorth.org](http://sunrisenorth.org)

**Contact Information:**

Dave Guritz 815-475-4035 or  
Kris Mondrella 815-467-9332

Can't make the race?

Donation Only: \_\_\_\_\_

All proceeds go to the Sunrise Center North and Ellis House and Equestrian Center to help support the riding program and conservation efforts.