

Pontiac Township High School

11th Annual Run For Respect

5K & 1 Mile Fun Run

Saturday, April 22, 2023



Help us **Spread The Word: Inclusion** by creating a world where ALL people are treated with RESPECT! All proceeds from the Run for Respect benefit Pontiac Township High School's Special Olympics and Peers In Action programs.

THIS YEAR'S THEME IS... PEACE. LOVE. RESPECT!

RACE: - Accurately measured chip timed flat 5K which begins and ends at Pontiac Township High School
- 5K starts at 10:00am and 1 mile walk starts after the 5K runners take off (on the high school track)
- Water stop at mile 2

AWARDS: - 5K, overall male/female and top 3 male/female age groups (5 yr age range)

REFRESHMENTS: Light refreshments provided.

COVID-19: All current IDPH COVID mitigations will be followed.

REGISTRATION/ENTRY OPTIONS FOR 2023:

_____ **5K RACE \$10.00** ☐ Check if doing Virtual Race

_____ **1 MILE FUN RUN \$10.00**

ADD-ONS:

_____ **PEACE. LOVE. RESPECT! T-SHIRT \$15.00**
Youth: S M L OR Adult: S M L XL 2XL 3XL

_____ **PEACE. LOVE. RESPECT! RACE MEDAL \$10.00**

_____ **TOTAL ENCLOSED – Checks payable to PTHS**

IF ADDING ON A T-SHIRT, YOU **MUST** BE REGISTERED BY MARCH 28, 2023.

LAST NAME _____ FIRST NAME _____
ADDRESS _____ CITY _____ STATE _____
ZIP _____ E-Mail _____
PHONE _____ AGE _____ (on April 22, 2023) Birthdate _____

Send registration form(s) with payment to: **PTHS, Laura Baumgardner, 1100 Indiana Ave., Pontiac, IL 61764** or online at
<https://signup.itsracetime.com/Race/Register/IL/Pontiac/RunForRespect>

Upon accepting my application and in consideration of allowing me to enter this event, which I agree is at my own risk and entirely of my own free will I hereby for myself and on behalf of my heirs, executors, administrators, and assigns, waive, release, and discharge City of Pontiac, Pontiac Township High School, race organizers, race volunteers, sponsors, and promoters from any responsibility or liability whatsoever for any losses, injury, or other damage sustained in any activities during or surrounding the event.

SIGNATURE _____ DATE _____

**PARENT SIGNATURE NEEDED IF UNDER 18* _____

For additional information contact Laura Baumgardner at Pontiac Township High school at (815)844-6113 or lbaumgardner@pontiac90.org