

Rock Springs Ramble

Supporting Natural Areas & Wildlife! 5K Run/Walk, Kids' Fun Run, 1-Mile Run/Walk, & Rock Springs Ramble Challenge

Location: Rock Springs Conservation Area
3939 Nearing Lane, Decatur, IL

Date: May 20, 2023,
OR Virtually at a Time/Date of Your Choosing

Times: 8:00 am for 1-Mile Run/Walk
8:30 am for Kids ¼ Mile Fun Run
9:00 am for 5k Run/Walk

Course: Paved Rock Springs-Fairview Bike Trail

Finishers: 5K and 1 Mile finishers will receive finisher's medal, t-shirt, and tote bag.
Kids' Fun Run finishers receive a tree cookie medal and a nature grab bag item.

5K Male & Female Adult Age Divisions	5K Male & Female Youth Age Divisions
20-24	10 and under
25-29	11-14
30-34	15-19
35-39	
40-44	
45-49	
50-54	Kids' Fun Run
55-59	Ages 10 and under
60-64	
65-69	
70 & Over	

5K & 1 Mile Awards: Our unique awards are individually hand-painted smooth river rocks created by local artist Sheryl Polley.

Awards will be presented to top three finishers in each division represented in the 5K and top 10 overall in the 1-Mile.

Post-Race Party

NEW - Registrants ages 21 and older will receive a **free drink from the post-race bloody mary and mimosa bar**. Additional drinks will be available for purchase. Complimentary food and refreshments will also be served.

You may also register online at www.runsignup.com/rockspringsramble

Registration Form (One form per participant required)

(Print) Name _____ Age on Race Day _____ Date of Birth _____
 Phone _____ Email _____ Gender _____
 Address _____ City _____ State _____ Zip _____
 Emergency Contact Name _____ Phone _____

EVENT (check one)	REGISTRATION FEE
<input type="checkbox"/> Rock Springs Ramble Challenge	<input type="checkbox"/> \$70
<input type="checkbox"/> 5K Run/Walk	<input type="checkbox"/> \$35
<input type="checkbox"/> 1-Mile Run/Walk	<input type="checkbox"/> \$35
<input type="checkbox"/> Kids' Fun Run	<input type="checkbox"/> \$10

T-shirt size: Small
 Medium
 Large
 Extra Large

Liability Waiver – Read and sign before registering

In agreeing to this waiver for myself, or as parent or legal guardian for the entrant named above, I hereby release from responsibility and hold harmless from any claim, foreseen or unforeseen by me or my family, estate, heirs or assigns, the Macon County Conservation Foundation and its agents, employees, officers, volunteers, other participants, any sponsors, advertisers and owners or lessors of the premises on which the Rock Springs Ramble takes place from any and all claims, damages, demands, injuries and losses, whatsoever, arising from my transportation to, participation in and or presence at the Rock Springs Ramble, and do so entirely of my own initiative. I understand that participating in this event can be a risky and dangerous activity and may result in serious bodily injury, including permanent disability, paralysis and death (collectively "risks"). I fully accept and assume all such risks and responsibility for all costs, damages, and losses I incur as a result of my participation in the Rock Springs Ramble. I agree to obey all laws, rules and participate in a safe manner. I certify that I have read this of free will and accord. If the entrant is a minor, I, the minor's parent or legal guardian, understand the nature of bicycling activities and the minor's experience and capabilities and believe the minor to be qualified to participate in the Rock Springs Ramble. I also authorize emergency medical treatment if I or the minor(s) named below is/are injured.

I hereby grant permission to use my and/or my child's (children's) name and/or likeness for promotional purposes or publicity.

Signature _____ **Month/Day/Year** _____

Macon County Conservation Foundation, 3939 Nearing Lane, Decatur, IL 62521 / 217.423.7708

www.MaconCountyConservationFoundation.org

FOR OFFICE USE: AMOUNT PAID \$ _____ PAID BY CASH (circle) PAID BY CHECK # _____