

# Class of 2021

## "Run, Walk, & Dye with the Class of 2021"

### Color Walk/Run

Sat September 30<sup>th</sup>, 2017 8:00am  
(rain or shine)

Start and Finish at Illini West High School  
Entry Deadline is September 15<sup>th</sup>.

Entries received by the deadline will receive a t-shirt. Late entries will not receive a shirt.

You may pick-up your shirt Thursday (9-28) or Friday (9-29) at IWHS from 3:30-5:00 or the day of the event.

Fill out the registration form and return to:

**Illini West High School**  
**Attention: Kristen Cook**  
**600 Miller Street**  
**Carthage Il, 62321**

**0-5 years Free**  
**K-12<sup>th</sup> grade \$25.00**  
**18 yrs and older \$35.00**

Make checks payable to: IWHS Class of 2021

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

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

City, State & Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail \_\_\_\_\_

Age and Grade \_\_\_\_\_

Circle T-Shirt size:

Youth:	small	medium	large			
Adult:	small	medium	large	X-Large	XX-large	

Sign Waiver to Participate

**WAIVER, RELEASE, ASSUMPTION OF RISK AND INDEMNIFICATION AGREEMENT**

To: Illini West employees, volunteers, City of Carthage, CPD

**READ CAREFULLY- THIS IS A WAIVER AND RELEASE OF ALL CLAIMS AND AFFECTS YOUR LEGAL RIGHTS.**

I, \_\_\_\_\_, in exchange for participation in all of the activities of Illini West, City of Carthage, CPD and/or use of the facilities and services of Illini West, City of Carthage, CPD, the undersigned, agree as follows:

I, \_\_\_\_\_, as the parent/guardian of \_\_\_\_\_, in exchange for my child's/children's participation in all of the activities of Illini West, City of Carthage, CPD, the undersigned, agree as follows:

1. I agree to observe and obey all posted rules and warnings and to follow any oral instructions or directions given by Illini West City of Carthage, CPD.
2. I recognize there are certain inherent risks associated with events and activities which might be difficult and strenuous and there could be danger inherently involved. I acknowledge the possibility of certain unusual physical change during exercise that does exist. I understand that as a result of my participation in an event and/or the use of property, facilities, and services of Illini West, City of Carthage, CPD, I could suffer an injury or physical disorder, including death, that could result in becoming partially or totally disabled and incapable of performing any employment or social standards.
3. I assume full responsibility for personal injury to myself and further agree to release, waive, relinquish and discharge Illini West, City of Carthage, CPD for injury, loss, damage, and all claims I may have as a result of participating in events sponsored by Illini West, City of Carthage, CPD and/or use of a presence upon the property, facilities, and services of Illini West, City of Carthage, CPD or other third parties.
4. I agree to indemnify and hold harmless and defend Illini West, City of Carthage, CPD against any and all claims, causes of action, damages, judgments, cost of expenses, including attorney's fees, and other litigation costs, resulting from injuries, including death, damages, and losses sustained by me and arising out of, connected with or in any way associated with the activities of Illini West. City of Carthage, CPD and/or use of the property, facilities, and services of Illini West, City of Carthage, CPD.
5. This agreement shall be construed to the laws of the State of Illinois.

**I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS AGREEMENT AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS AGREEMENT, I AM WAIVING ANY AND ALL RIGHTS I OR MY SUCCESSORS MIGHT HAVE TO BRING LEGAL ACTION OR ASSERT A CLAIM AGAINST ILLINI WEST, CITY OF CARTHAGE, CPD. BY SIGNING THIS AGREEMENT, I VOLUNTARILY SURRENDER CERTAIN LEGAL RIGHTS.**

Student Name \_\_\_\_\_

Student Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

In case of Emergency, please call: \_\_\_\_\_

Relationship: \_\_\_\_\_

## How to Get Clean!

### BEFORE THE COLOR EVENT

1. Oiling your hair well on race morning will make it easier to wash out the color later. Coconut oil or olive oil work best. A good leave in conditioner will do the trick as well. This is a particularly useful tip for runners with light colored or highlighted hair.
2. Some runners wear a thick scarf or bandana to cover their hair. Others use that bandana to cover their mouth as they run through the color zones. Or to help wash off after. However you choose to use, a bandana or scarf is pretty useful.
3. Wear a good sunscreen or lip balm.
4. We suggest wearing some form of eyewear such as sunglasses or protective safety goggles, or swim goggles.
5. Though the color will eventually wash out of just about everything, you may not want to bring your expensive stroller or wear expensive running shoes or clothes.

### AFTER THE EVENT

1. Dust off as much dry powder as you can before you apply any water. Take advantage of our "color blower" station at the school for some help. Most of the color will evaporate into the air.
2. Dust any loose powder out of your hair. Rinse out the oil/conditioner you wisely applied before the race with cold water. Most of the color should come right out. Wash hair as you normally would. It is not uncommon for hints of some color, especially pink and purple, to stick around for a few washes.
3. Remove all excess powder from clothes before adding water. Wash you color gear separately with COLD water.
4. To keep any color from transferring to your vehicle interior, it would be wise to take a towel or sheet to sit on.