

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!

Jenkins Family



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
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

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



5K Walk/Run & Family Fun Day!

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!

Saturday, October 29th, 2016

Registration begins at 8am

Adult 5K Race begins at 9:30am

Kids 1mile costume race begins at 10:30am

Family Fun Day! Noon-4pm

Register online: sunrisenorth.org

Race Location:

13986 McKanna Rd, Minooka, IL 60447
www.ellishec.com | www.sunrisenorth.org

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



RACE INFORMATION



The Kendall County 5K Monster Dash 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. Form your team, or race solo. Winners of different age categories and teams will be announced and awards given. And, be sure to stay for all of the family fun taking place the rest of the afternoon, beginning at noon and ending at 4pm.

Dates & Times

Saturday, October 29, 2016

Registration begins at: 8:00am

Adult Race: 9:30am

Kids Race (11 & under): 10:30am

AMENITIES

- Runners registered by 10/15/16 guaranteed T-Shirt
- All others will receive a t-shirt while supplies last
- Post-race Refreshments
- Awards: Age group and costume winners

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 unique award. Several awards will also be given in various costume categories.

ENTRY FEE

Pre-registration by October 15, 2016 \$30.00

Late registration after October 15, 2016 \$35.00

Kids 1mile run \$10.00

To register online, visit: sunrisenorth.org

Continue the fun with our post race

FAMILY FUN DAY!

Join us for plenty of fun, food and an afternoon of great activities planned for the children. **Our Halloween theme fun day event begins at Noon.** Kids can come dressed in their best Halloween costumes. There will be various stations set up for the kids, providing food, entertainment, kids costume prizes, horse and hay bale rides, children's crafts, games, face painting and much more!



Family fun day events and activiteis:

- Hay bale rides**
- Pumpkin painting**
- Horse rides**
- Hay stack candy find**
- Face painting**
- Pictures with ponies**
- Crafts for the kids**
- Stick horse obstacle course**
- Gorge bowling**
- Best kids costume contest!**
- And much more!**

Family Fun Day: Noon to 4pm

Admission Fee: \$5.00 per person, admission includes all activities, food, treat and drinks. (Admission is free for all individuals who participated in the earlier races).

Horse rides: \$2.00 per person.

Don't forget to wear your best costume!

REGISTRATION FORM

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone Number: _____

E-mail: _____

Shirt Size Please Circle:

Youth Size: S M L

Adult Size: S M L XL 2XL 3XL

Pre-registration by 10/15/2016 \$30.00

Late registration after 10/15/2016 \$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

Contact Information:

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

Can't make the race or family fun day?

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.