



Friday, Nov 20 - Saturday, Nov 28

www.CheesyPretzel5k.org

630-226-8403

The "Anytime Run" Cheesy Pretzel 5k and 1 Mile Walk featuring:

- Enjoy your run/walk ANYWHERE you would like between November 20th and November 28th. Run on the sidewalk in your neighborhood, the treadmill, or find your favorite trail. You can even bring your pet with!
- You can run it or you can walk it! You can even break the distance up and complete it on separate days in different ways! (e.g. run 1 mile on Saturday, walk 2 miles on Monday and enter your combined time for your results)
- We will still have the option to raise money for your favorite non-profit organization
- All participants in the 5k and 1 mile walk will receive a soft pretzel and cheese cup along with an awesome long sleeve race shirt! There will also be an option to add-on a custom finishers medal at checkout as a keepsake!

Partnering to Build a Stronger Community, Step by Step!



All proceeds from this event support local charities!

When do I need to complete my run?

Beginning on **November 20th, 2020**, you can log your results and complete other post-race experience actions, like download your personalized Finisher's Certificate, see how you rank on the leaderboard of other participants, and upload your photos. To download a Finisher's Certificate, we ask that you complete your run by **November 28th, 2020**.

How do I track my distance and time?

For the Virtual Run, we accept results on the honor system, but the most accurate tracking is typically via a device with GPS tracking.



Registration Form on Back!





**Friday, Nov 20 -
Saturday, Nov 28**

**www.CheesyPretzel5k.org
630-226-8403**

2020 Registration Form

Register and pay online at www.CheesyPretzel5k.org

OR return this registration form **by Thursday, November 27**
with check made payable to **Heart Haven OutReach** to:
Heart Haven Outreach, Attn: Cheesy Pretzel 5k,
201 Canterbury Lane, Suite C, Bolingbrook, IL 60440

Please complete a separate form for each participant

Name: _____ Gender: _____ Age (on 11/20/20): _____
(First Name) (Last Name)

Mailing Address: _____
(Street) (City) (State) (Zip)

Email: _____ Phone: (_____) _____ - _____

Registration Fees

All paid participants will receive a Cheesy Pretzel 5k long sleeve shirt and a free pretzel and cheese cup from Bar Louie!
Shirts are not guaranteed at packet pick up after 11/11/2020. All registrations after 11/11/2020 will be able to pick up shirt after
11/30/2020
Packet pick-up information will be emailed to all registered participants.

Choose one from each category

Event Type:

5K Run 1 Mile Walk Participant - \$25 (price includes race shirt and pretzel & cheese cup) = \$ _____

Shirt Size:

Adult Long Sleeve Shirt Size: S M L XL 2XL (additional \$2) 3XL (additional \$3)

Youth Long Sleeve Shirt Size: S M L

Add-on (optional):

Finisher Medal (optional add-on) - \$7 = \$ _____

= \$ _____
(Total due)

IMPORTANT — Please Read and Sign

WAIVER: I know that physical exercise is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to, tripping and falling, contact with other participants, the effects of weather, traffic, and the conditions of the sidewalk and road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I for myself and anyone entitled to act on my behalf, waive and release Heart Haven OutReach, its subsidiaries and affiliates, the State of Illinois, Illinois Department of Transportation, Village of Bolingbrook, Race partners, Cheesy Pretzel 5k, all sponsors, contractors, and volunteers, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose, and I understand that my name may be posted on the Internet as a participant in the 2020 event. I also understand that my entry fee is non-refundable. I understand that I will choose my route.

A parent must sign if entrant is under 18 years of age. This is to certify that my child has permission to participate in the event, is in good physical condition, and the event officials may authorize necessary medical treatment.

Signature _____ Date _____

Parent/Guardian's Signature (required if under 18) _____

OFFICE USE ONLY

Date Received: _____ Bib #: _____ Notes: _____