

# 2010 Chicago Lung Run

## REGISTRATION

Saturday, September 11, 2010 | Montrose Harbor, Chicago  
8:30 a.m. 10K start | 9:00 a.m. 5K and walk start

Mail completed form with payment to:  
Chicago Lung Run, 920 N. Howe, Chicago, IL 60610



\_\_\_\_\_  
Name

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
Unit #

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip Code

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Sex

\_\_\_\_\_  
Birth Date

\_\_\_\_\_  
Age on Race Day

If registrant is a CARA member, please indicate membership number. \_\_\_\_\_

**EVENT:** 10K Run    5K Run    1 Mile Walk  
(circle one)

**UNISEX T-SHIRT SIZE:** XS    S    M    L    XL  
(circle one)

### ENTRY FEE:

**Adults:** \$30 on or before September 3rd; \$35 September 4th through race day

**Children (12 and under):** \$12 on or before September 3rd; \$15 September 4th through race day

*\$5 Discount for CARA members (membership number required)*

I, the undersigned, know that the event I am entering carries the risk of personal injury or damage. I know that a running event requires training, and I certify that I am physically fit for this event. I hereby waive and forfeit all rights I may have to file suit or make claims against the Respiratory Health Association of Metropolitan Chicago, Uniting Against Lung Cancer, the Chicago Lung Run and the directors thereof, the City of Chicago, the Chicago Park District, any sponsoring organizations, and all persons connected with this race for injuries I may suffer at this event. I understand that no refunds can be made if the race is canceled due to weather conditions or other circumstances beyond the control of the race organizers. I give my permission to be photographed and agree that any photographs taken at the event may be used by the Chicago Lung Run for the purposes of marketing and public relations. I also understand that head phones, strollers, roller blades, bicycles, and dogs are not allowed in the race and will abide by this guideline.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

(Signature of parent or guardian is applicant is under 18)

***Mail-in registrations must be received by Friday, September 3, 2010. Unsigned entries will be returned.***



The Chicago Lung Run received the Chicago Area Runners Association (CARA) designation as a CARA CERTIFIED RACE. This race has agreed to adhere to and uphold CARA's Best Practices Guidelines. These Guidelines embody the highest standards for quality, safety and comfort for participants in a road race.

Due to CARA's advocacy efforts, runners in the Chicagoland area enjoy some of the highest quality road races in the country. To view the Guidelines and to learn more about CARA, visit [www.cararuns.org](http://www.cararuns.org). CARA is a non-profit organization devoted to expanding, motivating, supporting and celebrating the running community of Chicagoland. CARA connects runners to resources that enable them to run – further, faster, better, for life.