

Rachel's Race for Long QT Syndrome

Skelly's Farm Market

2713 Hayner Road; Janesville, Wisconsin

Timed 5K and 10K Races; One Mile Fun Walk

Saturday, October 14, 2017 at 9 AM

Packet Pickup and Race Day Registration: 7:30-8:30



Rachel Lancour died suddenly in her sleep on May 20, 2015 at age 22. Genetic testing revealed she had Long QT Syndrome (LQTS), a heart rhythm disorder that claims the lives of 4,000 children and young adults annually. In many of these cases, the first symptom is sudden death. The proceeds of this event will go to LQTS research, to improve understanding of LQTS, early recognition and treatment; and to enhance local emergency response capabilities to sudden cardiac arrest. About 1 in 2,500 people in the U.S. have LQTS.

The 5K and 10K runs will take place on scenic country roads. The one mile walk will take place on the Skelly Farm with family activity stations along the route. Results will be posted online. Finisher and age bracket awards. Registrations received by September 24 will be guaranteed a tech shirt.

Entry Form

First Name _____

Last Name _____

Address _____

Phone _____

City _____ State _____ Zip _____

Email (optional): _____

Gender: M F

Age _____

Date of Birth _____

Event(check one): 5K 10K Walk

T-shirt Size (Circle): YS YM YL S M L XL XXL

Amount Enclosed:

Registration Fee \$ _____ (\$25 for individual registrants, \$20 for children of adult registrants)

Extra Donation \$ _____

Total \$ _____

Make Check Payable to: Rachel's Long QT Foundation

Mail To: D. Lancour; 2619 Dartmouth Drive; Janesville, WI 53548

Waiver:

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Rachel's Long QT Foundation, Skelly's Farm Market, the organizers, volunteers, Rock Township, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Participant Signature _____ Date _____

Signature of Parent or Guardian of Participant Under Age 18 _____ Date _____