

2011 RACE FORM

Please print or type clearly.

Race forms can be photocopied. One entry per form. Download extra race forms or register on-line at: spinalcordwi.org or active.com

for office use

last name / first name / middle initial

address

city state zip

area code / daytime phone date of birth age

male female

Sign this form only after you have read and agreed to the "Release" on the reverse side. Race results will be posted on-line at: www.spinalcordwi.org

signature of participant date

signature of parent (if entrant is under 18)

Event (check one)

Wheelchair racer **Run / walk:**

para quad 5K race Fun walk

Handcycling

I will participate individually With a team*

* see corporate team info 2 panels to the right

Entry Fee (check one)

SAME DAY REGISTRATION AVAILABLE

\$20 for 5K Run or Fun Walk

(when postmarked on or before 7/14)

\$25 for 5K Run or Fun Walk

(when postmarked on or after 7/14)

\$50/family for 5K Run or Fun Walk (max: 6 people)

(when postmarked on or before 7/14)

\$60/family for 5K Run or Fun Walk (max: 6 people)

(when postmarked after 7/14)

\$350/Corporate Team for 5K Run or Fun Walk

(max: 20 people) (when postmarked before 7/14)

\$400/Corporate Team for 5K Run or Fun Walk

(max: 20 people) (when postmarked after 7/14)

T-shirt size (check one)

M L XL XXL (add \$2.00 for XXL)

Make check payable to NSCIA-SWC and return form to:

NSCIA 1545 South Layton Blvd
Suite 206 Milwaukee, WI 53215

Wheels & Heels Rush on Festa will be held rain or shine. No refunds. No roller skates, roller blades, skateboards or bicycles. Please do not bring animals to the event. Call NSCIA at 414-384-4022 with any questions.

CHARIOT RACE

This year, we are again sponsoring a "Chariot Race" designed to give others the "experience" of racing in a wheelchair for a great cause. For a donation of \$250, corporate or community teams of four racers will participate in a relay event. Each racer will complete a designated course.

The Chariot race will take place immediately after the 5k at the North Stage inside Festa Italiana (near the north entrance where our 5k originates).

All team members will be admitted free to Festa Italiana. The top 3 teams will receive great prizes to be determined.

- All participants **MUST** check in at the registration tent prior to 6:45 or possibly face disqualification

- All team members must submit entry forms together

- Each racer must be able-bodied
- Each racer must wear a helmet (provided)

M L XL XXL

For more info on the Chariot Race or for any other questions, call the NSCIA office at 414-384-4022.

Race forms can be photocopied. One entry per form.

company or team name

last name/first name/middle initial

address

city state zip

area code/daytime phone date of birth age

Sign this form only after you have read and agreed to the "Release" on the reverse side

signature of participant date

signature of parent (if entrant is under 18)

CORPORATE TEAMS

Corporate teams of up to 20 can register below. The early registration fee is \$350 (if postmarked on or before July 10, and \$400 after July 10)

- All participants **MUST** check in at the registration tent prior to 6:45 or possibly face disqualification

Team Captains: Please send all individual team members registraion forms together w/ payments and team rosters. Please also write team members names below.

team name

team captain

runner name

runner name

runner name

runner name

runner name

runner name

runner name

runner name

runner name

runner name

runner name

runner name

runner name

runner name

runner name

runner name

runner name

runner name

runner name

runner name

Sign this form only after you have read and agreed to the "Release" on the reverse side

signature of team representative date

OUR SINCERE THANKS TO THE FOLLOWING CORPORATE DONORS



TOOLRITE
MANUFACTURING



West Allis Animal Hospital



Our Mission

The mission of NSCIA-SWC is to assist the people who have some degree of paralysis through injury or disease with a goal of returning them to a life of dignity, self confidence and independence in a community that is all inclusive.

OUR SINCERE THANKS TO THE FOLLOWING CORPORATE SPONSORS



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& **ROTTIER S.C.**



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U.S. Cellular



Spinal Cord Injury Center



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IndependenceFirst

The Resource for People with Disabilities



MAKING THE WORLD ACCESSIBLE



1545 S. Layton Blvd Suite 206
Milwaukee, WI 53215
tel 414 384-4022 fax 414 384-7820
spinalcordwi.org
office@spinalcordwi.org

Join us for the
24th Annual

**Wheels & Heels
Rush on Festa
5k Run & Walk**

Thursday,
July 21st, 2011 7pm
Milwaukee's Lakefront

All participants get into
Festa Italiana Free!



Proud Member Charity of
CHC Wisconsin
simply lighting the way
wisconsin.healthcharities.org

We recognize all the
brave men and women
of our armed services
for their continued
efforts to keep our
country safe and free

HELP CURE PARALYSIS

RACE INFORMATION

The Race

The National Spinal Cord Injury Association's S.E. Wisconsin Chapter (NSCIA/SWC) created the Wheels & Heels Rush on Festa as a means of raising public awareness and research money in a continuing effort to find a cure for paralysis. A major portion of the race proceeds will be given to research to help further the ongoing and promising research efforts.

Now in our 24th year, the Wheels & Heels Rush on Festa 5k takes place on Thursday evening, July 21st at 7pm, the opening night of Festa Italiana.

All participants will receive free admission to Festa Italiana.

As always, we want to thank Festa Italiana for all of their continued generosity and assistance for once again hosting this event.



When

The Rush on Festa and fun walk will take place on Thursday evening, July 21st, 2011 at 7pm.

Where

The race will take place at Milwaukee's lakefront near the North entrance to Summerfest.

Times & Events

5 - 6:30pm	Registration
6:55	5k wheelchair / handcycling race
7:00	5k run
7:05	Fun walk/casual wheelchair

Race Divisions (5k runners only)

14 & under	35 - 39	60 - 64
15 - 19	40 - 44	65 - 69
20 - 24	45 - 49	70 - 74
25 - 29	50 - 54	75 - 79
30 - 34	55 - 59	80 plus

Individual Awards / 5k

5k Runners

- 1st, 2nd & 3rd place male & female in each age division will each receive medals

5k Wheelchair

- 1st, 2nd & 3rd place male & female para & quad and 1st place male & female (under 14) will each receive medals.

5k Handcycling

- 1st, 2nd & 3rd place male & female will each receive medals.

TEAM INFORMATION

General Information

- A team consists of at least 3 runners
- \$350 per team (Team Captains: Please send all individual team members registration forms together w/ payments and team rosters.)

Team Awards / 5k

- 1st place team receives a traveling trophy. The 2nd & 3rd place teams each receive a plaque.
- Team times will be based on the combined times of the top (3) finishers of each team.

The 5k begins at the north end of the Festa Grounds, follows Harbor Drive to East Michigan Ave, proceeds east to the lakefront, then north along the seawall to Veteran's Park. It then follows common walking paths that eventually circle the lagoon and head back south along the seawall to the original start.



Beneficiaries

The National Spinal Cord Injury Association's S.E. Wisconsin Chapter is an organization dedicated to serve others who become paralyzed as a result of spinal cord injuries or disease. The organization is involved in the development of systems of comprehensive care, treatment, rehabilitation and community living, which include functioning as advocates for independent living and advisors to peers and families of individuals with spinal cord injuries or diseases. NSCIA supports research aimed at improving care and developing a cure for spinal cord injury and disease.

Ongoing Research

All proceeds generated through the Wheels & Heels Rush on Festa will be directed towards research efforts to help further the cause to find a cure for spinal cord injury. This research attracts the finest doctors and researchers in the world who deal with spinal cord injuries. Together, with the support of events like this, they are ever closer to unlocking the mysteries of spinal cord injury.

Release and waiver of liability and indemnity agreement

In consideration of being permitted to participate in the Wheels & Heels Rush on Festa, I the undersigned, for myself, my personal representatives, heirs, next of kin, successors and assigns do:

1. Hereby agree to assume all responsibilities and liability for all acts of activities of myself for any and all damages or injury that may be caused by me in any way growing out of resulting from my participation in the Wheels & Heels Rush on Festa.
2. Hereby release, waive, discharge and agree not to sue Festa Italiana, Italian Community Center, Milwaukee World Festivals Inc, Sports Management Associates, Inc., CARRS, City of Milwaukee, County of Milwaukee, any and all sponsors or contributors related to this event and National Spinal Cord Injury Association-S.E. Wisconsin Chapter, their agents, employees and representatives (hereinafter referred to as "releasees") from and for any and all liability to me, my personal representatives, heirs, next of kin, successors and assigns for all loss or damage, and any claims or demands thereof, on account of injury to the person or property of the undersigned or injury resulting in death of the undersigned, which in any way grows out of or results from the Wheels & Heels Rush on Festa or any part thereof or any activities connected with the Wheels & Heels Rush on Festa, and whether any such loss or damage is caused by the negligence of the releasees or otherwise.
3. Hereby agree to indemnify and save and hold harmless the releasees and each of them from any loss, liability, damage, or costs they may incur due to the participation of the undersigned in the Wheels & Heels Rush on Festa, whether such loss, liability, damage or is caused by the negligence of the releasees or otherwise.
4. Hereby assume full responsibility for and full risk for bodily injury, death or property damage due to the negligence of the releasees or otherwise while the undersigned is participating in the Wheels & Heels Rush on Festa.
5. The undersigned further expressly agrees that the foregoing release and waiver of liability and indemnity agreement is intended to be broad and inclusive as permitted by the law of the State of Wisconsin, and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.

The under signed has read and voluntarily signs this Release and Waiver of liability and Indemnity Agreement, and further agrees that no oral representation, statement or inducement apart from the foregoing written agreement have been made.



**HABUSH, HABUSH
& ROTTIER S.C.**



IndependenceFirst
The Resource for People with Disabilities



Spinal Cord
Injury Center



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