

**ILLINOIS DEPARTMENT OF NATURAL RESOURCES  
RELEASE OF LIABILITY**

The undersigned entrant/participant/contestant in the Pokanokas= Trail Run/Walk activities scheduled for the date of July 4 , 2013 at Shabbona Lake State Park covenants that he/she shall assume all risk and liability arising in conjunction with the above activities and shall save, hold, and keep harmless at all times the State of Illinois and the Illinois Department of Natural Resources, Safe Passage, Pokanoka's Cafe, Berg N Sands, Inc., Race Sponsors, Agents or Representatives, their agents and employees against any loss, damage, penalty, cost and expense, judgments and decrees that may accrue or be incurred by reason of any accident, loss, wrong, injury or damage to person, life or property in or about the above referenced area(s) arising out of the above described activities.

Signed \_\_\_\_\_

**(full name)**

Date \_\_\_\_\_