

3rd Annual 5K & Fun Run

SATURDAY, APRIL 14, 2018

*Not All Battles
are Fought
with Swords*



WHERE: Washington County State Recreational Area & Lake
18500 Conservation Dr.
Nashville, IL 62263

WHEN: Saturday, April 14, 2017 (5K at 8:00 a.m. & ½ Mile Fun Run to follow 5K.)

PACKET PICK-UP / RACE DAY REGISTRATION:

WCH front Lobby on Friday, April 13th, from 4:00 p.m. – 6:00 p.m. and on race day, from 6:30 a.m. – 7:45 a.m.

5K Registration Fee - \$20 (Includes T-shirt*)

Youth ½ Mile Fun Run 9 AM Registration Fee - \$10 (Includes T-shirt*)

*T-Shirts will be provided to all runners/walkers registering before March 30th or while supplies last thereafter

COURSE: A scenic race through Washington County Conservation Area and Lake on blacktop surface.

TIMING: Timing provided by Run to Succeed. All results are final.

5K Awards for Top Male & Female Overall, plus medals for the top finisher in each age group male & female:

19-under, 20-29, 30-39, 40-49, 50-59, 60+

Strollers and walkers are welcome on the 5K course.

Mail Registration along with payment to:

Washington County Hospital (WCH)

c/o Tara Streif, 705 S. Grand Ave, Nashville, IL 62263

Questions – Contact Susan Lingle 618-327-2671

**ALL PROCEEDS
GO TO RELAY
FOR LIFE**

WCH 3rd Annual 5K & Fun Run

Saturday, April 14, 2018



NAME: _____ AGE ON RACE DAY: _____ SEX: M F

ADDRESS: _____ CITY: _____ ST: _____ ZIP: _____

PHONE: _____ EMAIL: _____

EVENT (circle one only): **5K \$20** **Silent Walker \$20** **Kids Run (12 & Under) \$10**
(Doesn't walk/run but receives a T-shirt)

SHIRT SIZE (circle one only):
ADULT S M L XL XXL 3XL
YOUTH YXS YS YM YL YXL

WAIVER OF RELEASE: In consideration, I, the undersigned, intending to be legally bound hereby to myself, heirs, executors, and administrators, waive and release Washington County Hospital, officers, employees and person associated with the "WCH 1st Annual 5K Run & Walk" for any and all injuries, and any results thereof, suffered by me in said event. I attest that I am physically fit and have trained for competition and completion of this event. Further, I hereby grant permission for the free use of my name and/or photographs, video, recordings, or any other record of this event for legitimate purpose. All entry fees are non-refundable.

Signature: _____ Date: _____

If participant is under 18 years of age, Parent or Guardian signature needed: _____