

CHECK IN

6:45 A.M. until 7:30 A.M.

East Park

East 1st Street

Tiskilwa, IL

Race Features

- 5K (3.1 miles), Walkers Welcome
- Starts and Ends at East Park in Tiskilwa (flat course)
- Splits every mile
- Water stations on course
- Electronically timed & Traffic Control
- Refreshments
- Guaranteed T-shirts to all pre-registered participants
- Computerized race results @ www.racetime.info
- Register online at www.racetime.info
- New this year.. \$20 per person Corporate Discount (minimum 12 person)
- Continued from last year.. family of 4 living in same household \$80
- *This race is NOT certified

AGE DIVISIONS

Male	Female
13 and under	13 and under
14 – 18	14 - 18
19 - 24	19 - 24
25 - 29	25 - 29
30 - 34	30 – 34
35 – 39	35 – 39
40 – 44	40 – 44
45 – 49	45 – 49
50 – 54	50 – 54
55 – 59	55 – 59
60 – 64	60 – 64
65+	65+

Awards

Awards to 1st, 2nd, and 3rd place in each age division.

Awards to first Female and Male Tiskilwa High School Alumni finisher.

Awards to overall Male and Female winner.

Running In My Sleep

If you aren't up for a run? (closed down the beer gardens) You can run in your sleep by checking the box on the entry form. You will receive a T-Shirt and make a donation to the 5K Scholarship Fund. Include an additional \$3.00. We will mail your official Tiskilwa Pow Wow Run/Walk shirt. *Please note: shirts will be mailed out a week after the race*

Check out our Facebook page
Tiskilwa Pow Wow Days 5k or
www.powwowdays.com

Pow Wow Days 5K Entry Form

* Register online at www.racetime.info*

PLEASE PRINT

Name _____

Address _____

City _____ State _____

Zip _____ Phone _____

Age as of August 5th _____

Date of Birth _____

Male

Female

Email _____

Shirt Size S M L XL XXL

Running in my Sleep

Graduate of Tiskilwa High School

YES NO Year of Graduation _____

Entry Fee

\$25 before July 20th

\$30 Julv 21st thru race day

Children Under 18 must have signed parental consent.

ALL ENTRIES MUST SIGN WAIVER

I know that participating in a 5K run/walk or fun run is a potentially hazardous activity. I will not enter and participate unless I am medically able and properly trained. I assume all risks from participating in this event and its related activities including, but not limited to: falls; contact with other participants; effects of the weather, including high heat, humidity, precipitation, traffic and the conditions of the road; all such risks being known and appreciated by me. Having read this waiver and release and knowing these facts and in consideration of your accepting my entry fee and participation I, for myself and anyone entitled to act on my behalf, waive and release Tiskilwa Community Association, race officials, volunteers, sponsors and their respective affiliates, subsidiaries, principals, directors, agents, officers, employees or contractors of and from all claims, liabilities or causes of action of any kind arising out of my participation in this event or its related activities which I or my successors, assigns or heirs may ever have now or in the future against any of them. This release and waiver extends to all claims of every kind and nature whatsoever. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any lawful purpose. Applications for minors will be accepted only with a parent's signature and all children participating in the 5K race/walk under the age of 15 must be accompanied by an adult during the entire race.

Waiver Signature:

(signature of parent or guardian if under 18)

Checks made payable to:

Pow Wow Days Run/Walk

Mail completed form to:

Tiskilwa Pow Wow Days Run/Walk

330 State Street, Tiskilwa, IL 61368

For additional questions contact

Powwow5k@gmail.com,

(815) 646-4624, or (815) 303-1973

ALL PROCEEDS GO TO THE TISKILWA POW WOW DAYS 5K SCHOLARSHIP FUND.

This new scholarship is available to the descendants of Tiskilwa High School Alumni regardless of the student's high school district of graduation. For more information call: email powwow5k@gmail.com, (815) 646-4624, or visit our Facebook page at Tiskilwa Pow Wow Days 5K.

FEES PAID ARE NOT REFUNDABLE.

Photos taken during registration and race of spectators and participants may be used for promotional use.

Tiskilwa Pow Wow Days runs August 3rd through 6th. Stick around town after the race to enjoy the festivities downtown and at the West Park.

Check out our Facebook page
Tiskilwa Pow Wow Days 5k or
www.powwowdays.com



2018

Tiskilwa Pow Wow Days 8th Annual 5k Run/Walk

**Saturday
August 4th, 2018
At 8 A.M.**