

13<sup>th</sup> annual

# **5K Run/Walk**

## **Saturday, June 8, 2019**

### **Mt. Carmel Public Library**



- ▶ Check in: **7:15 – 7:45** a.m.
- ▶ Start Time: **8:00** a.m.
- ▶ Chip Timing
- ▶ All ages welcome
- ▶ Participants receive wicking t-shirt, water, & fruit.

#### **Entry fees:**

- **\$20** before Thursday, May 23 -- shirt guaranteed day of event!
- **\$20** after May 23 and on race day – shirt not guaranteed race day.
- Registration forms may be picked up at Mt. Carmel Public Library or register online at [mtcarmelpubliclibrary.weebly.com](http://mtcarmelpubliclibrary.weebly.com)

**5K** race begins at **Mt. Carmel Public Library, 727 N. Mulberry St. Mt. Carmel, IL** and follows a route near the scenic Wabash River, ending back at the library.

For more information or to register contact Twilla Coon, Mt. Carmel Public Library 618-263-3531.

**All proceeds benefit Mt. Carmel Public Library**

*Sponsored by Mt. Carmel Library Foundation*

**MT. CARMEL LIBRARY FOUNDATION  
5 K RUN/WALK**

**JUNE 8, 2019**

**REGISTRATION FORM**

**Please Print**

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Telephone:** \_\_\_\_\_

**Sex:** Male      Female  
(Circle one)

**Shirt Size:** S   M   L   XL   2XL  
(Circle one)

**I will:** \_\_\_\_\_ walk      \_\_\_\_\_ run

Early Registration fee on or **before May 23:** \$20.00 - Wicking shirt guaranteed day of race.  
After **May 23 including day of race:** \$20.00 – Participants will receive shirt, but not guaranteed day of race.

Make checks payable to Mt. Carmel Library Foundation

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**RELEASE**

In consideration for the opportunity to participate in the 5K Run/Walk activities being held by the Mt. Carmel Public Library Foundation on June 8, 2019, I on behalf of myself and respective heirs, successors and assigns hereby release, discharge and quitclaim unto the Mt. Carmel Public Library Foundation, Inc. and its Officers, Directors, and Agents and any and all other affiliated parties any claim for injury, loss or damage of any kind to any person or property or that of any of my respective heirs, successors, assigns, and any minor children for which I am parent, custodial parent or legal guardian who may participate in this event any and all expenses and costs however caused arising out of or in connection with the participation of the undersigned or the minor child of the undersigned or the minor child of the undersigned in this event.

The undersigned further acknowledges that he or she has carefully read the above Release and knows and understands all of the contents thereof and further understands and agrees that by signing this release he or she gives up rights and assumes the risk of injury or property damage and signs this Release as their free and voluntary act.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_

***This release must be signed by all participants and/or by the parent or guardian if participant is under 18.***