

5th Annual

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Ledges

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Trail Run

Saturday
April 15, 2017

K

Touch of Nature
Environmental Center
Camp 2

Registration: Online at Active.com (search "Rocky Ledges") or at the Student Recreation Center (Member Services Center), or mail attached form to Veronica Tantoco (see below).

Price: \$25 pre-register, \$30 race day. (Price includes 5K race, a t-shirt, awards, and snacks)

Race Start Time: 9 a.m. at Camp 2

Awards given directly after the race. Race results will be posted at rockyledges5k.siu.edu



618/453-1277
reccenter.siu.edu



Rocky Ledges 5K Trail Run 2017 Registration Form

Name: _____ Phone: _____ Gender: ____ Age on Race Day (4/15/17): ____

Address: _____ Email: _____

City: _____ State: _____ ZIP: _____ Shirt Size (circle one) S M L XL

Please read and sign below:



I am aware that participating in the run/walk involves several inherent risks of physical injury and I voluntarily assume all such risks. In consideration of SIU allowing me to participate in this activity, I agree to release and hold harmless SIU and all of their duly appointed authorized agents, servants, employees from any and all liability, claims, and causes of action of whatever kind in any way connected with the run/walk. I certify that I have been recently examined by a physician and this examination has indicated that my physical condition meets the standards for this competition.

Signature: _____ Date: _____

I am the parent of the above mentioned participant who is under the age of 18. I hereby consent to his/her participation in the run/walk under the terms and conditions stated above and assume the risk as described.

Signature: _____ Date: _____

Card #: _____

Exp. Date: _____ Check one   

Send To: Veronica Tantoco
SIU Student Recreation Center
Mail Code #6717
Carbondale, IL 62901