

REGISTRATION FORM



- 5k Walk/Run \$25 Shirt, entry, medal ○\$30 for 2x and larger
- 5k Walk/Run \$20 Entry only, medal
- Shirt Only (no race) \$20 (\$25 for 2x and larger)

This event will be hand-timed and hand scored. Click on the QR code or fill out the form below and return to the RMH Foundation. Day of entries will also be accepted until 8:00 am.

- Deadline: October 18 to be guaranteed a LONG SLEEVED shirt
- Check-in & Registration: Opens at 8:30 am on race day
- Course: 5k road race starting at Benjamin Rush Middle School

Name:										
Address:										
City:		State:_			Zip: _			Age:		
Phone:										J
Please circle one): Youth L XL		Adult	S	M	L	XL	2XL	3XL	4XL	
5k Run/Walk RELEASE: (must be signed by assignee, and administrators do hear by rel claims of damage, demand, actions, whate knowledge of the risks involved in this even video, or other recordings of me, including r	ease and discharge, RMI ver in any manner arising t, and I am physically and	H,the town of gor grow out of d sufficiently tr	Rush f my p ained	ville, t articip I to rur	he rac ation i or wa	e direct in said alk in th	tors, othe athletic e is event.	r race vo vent. I at I also giv	lunteers, test and v	and any sponsors for a verify that I have full
Signature:				Da	ate:					

Participants under 18 years of age must have a parent or guardian signature.