

Dell Rapids Quarry Days 2009

4th Annual, ESA 5K Run/1Mile Walk

Fundraiser for local community projects

APPLICATION FORM



AWARDS

All entrants shall receive an official ESA Run/Walk t-shirt (adult sizes)

Plaques awarded to top overall male and female 5K runners

Medals awarded to top finishers in each 5K category:

(15-U, 16-19, 20-29, 30-39, 40-49, 50-59, 60-Over)

Saturday, June 27th, 8:00 AM

Registration & Warm-up 7:00 – 7:45

Ball Diamond - South-side of the River

Send Application form and Entry fee to:

ESA Alpha Chi
47331 Freedom St.
Dell Rapids, SD 57022

For more information call:
Brenda O'Hara at 428-6032

Email brendaohara@siouxvalley.net

ENTRY FEES

\$20 Before June 19th - \$25 After June 19th

Make checks payable to ESA Alpha Chi

Can't walk or run that day? Help your community by donating the entry fee and being a 'ghost walker' & still receive a t-shirt.

Date _____

RELEASE STATEMENT

I certify that I am in good health and have trained for this event. In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the organization holding this competition, their agents, representatives, successors, and assignors for any and all injuries by me at said competition.

Name _____ Applicant Signature _____

Address _____ Phone: _____

_____ Age (on June 27) _____

Gender: M / F T-Shirt Size: S M L XL XXL(add \$2)

Participating in (circle one): 5K 1 Mile

For competitors **under 18 years**, I, the undersigned parent or legal guardian of the competitor, hereby approve and confirm the above waiver and release.

Parent/Guardian Signature _____