

# 5k Run/Walk

**\*\* Proceeds will benefit Clinton County Seniors \*\***

www.clintoncap.org  
www.facebook.com/clintoncountyseniorcenter

## Date: Saturday, September 7, 2019

Registration - 7:00 a.m.  
5k Run/Walk - 8:00 a.m.

## Location/Check-In: Clinton Commons

100 Commons Lane  
Wilmington, OH 45177



## 5k Entry Fees:

Adults - \$20 Pre-registered by August 19  
\$25 after August 18 and day of race  
*\*Pre-Registered entries only will receive a free t-shirt\**

## Awards:

Top 3 overall Women Runners      Top 3 overall Women Walkers  
Top 3 overall Men Runners        Top 3 overall Men Walkers

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Name: \_\_\_\_\_ Gender: M F  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Race: 5k Walk  
(Circle Choice)  
T-Shirt Size:    Adult: S M L XL 2X 3XL      Youth: S M L XL

All participants must sign (if under 18 years of age, must have parent/guardian signature). I know that by participating in this event there are potential hazards and risks and that I should not enter and participate unless I am medically able and properly trained. Having read this waiver and knowing facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Clinton County Community Action, City of Wilmington, all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant to all of the foregoing the right to use my name and any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature of Runner (or parent/guardian if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

Mail Registration to: **P.O. Box 32, Wilmington, OH 45177**  
Email Registration to: **janenewkirk@clintoncap.org**

Make checks payable to: **CCCAP or you may now pay through PAYPAL.**