

5k Run/Walk

** Proceeds will benefit Clinton County Seniors **

www.clintoncap.org

www.facebook.com/clintoncountyseniorcenter

Date: Saturday, September 10, 2022 "Virtual" 5K

Complete a 5K which is 3.1 miles at your own pace on this date and post your pictures on our Facebook page listed above. You can chose your own route or follow the map on the back which is the usual Corn Walk/Run route.



By participating in this event you will be a part of contributing to supporting Clinton County seniors!

5k Entry Fees:

Adults - \$20 Pre-registered by August 31

Pre-Registered entries only will receive a free t-shirt or tank top

Awards:

A medallion will be mailed to all participants who complete the 5K and post pictures as proof! Come on join in on the fun!

Name: _____ Gender: M F

Address: _____ City: _____ Zip Code: _____

Phone: _____ Email: _____

Choice of Tank Top or T-Shirt: (Please select choice) **Tank Top** Men's _____ Women's _____

T-Shirt _____ Tank Top _____ 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.** Clinton County Community Action Program, Inc. is a tax-exempt organization described by IRC Sec. 501 © (3)