



We are excited to present the SJO, Dash to D.C. Community Trail Run/Walk

The event will take place on the new Kickapoo Rail Trail which parallels route 150 from St. Joseph to Urbana. All proceeds from the run will help fund St. Joseph-Ogden High School's "We The People" congressional hearing team as they travel to Washington D.C. for National Finals in April. *Thank you for your support!*

Please, No Dogs Allowed.

DASH to D.C. 10K | 5K Run/Walk

One registration form per participant is required. Copies of this form are also acceptable.

Name: _____ Telephone: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Gender: Male Female

Your Age Group: 6 - 12 13 - 18 20 - 30 30 - 40 40 - 50 50 - 60 60 & up

Check your Adult Shirt Size: S M L XL 2XL

Check your race choice: 10K 5K Run 5K Walk

Registration Fee: \$25

Saturday, March 30, 2019

Race Day Check-In: 8:00AM - 8:45 AM Kolb Park, S Elm St, St Joseph, IL

Race Day Walk up Registration: 8:00AM - 8:45AM (shirt not guaranteed)

Starting point: Kolb Park S Elm St, St Joseph, IL (no later than 8:45 am)

Race starts @ 9:00 AM

No cancellations or refunds allowed.

Make checks payable to: St. Joseph-Ogden High School - Memo line: Dash to D.C.

Complete and mail registration form along with your payment to:

St. Joseph-Ogden High School, 301 N. Main St, St. Joseph, IL 61873 Attn: Mr. Schacht

For more information e-mail: mschacht@sjo.k12.il.us

WAIVER I know that running a road race is a hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release St. Joseph-Ogden High School, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature: _____ Date: _____

FOR OFFICIAL USE ONLY. DO NOT WRITE BELOW THIS LINE.

Payment Amount: \$ _____ **Method:** _____ **Received By:** _____