

33rd ANNUAL ILION DAYS

Around Town 5K Run/Walk Registration Form

RACE – July 20, 2019

Registration Fee: \$12 Postmarked by 7/16/19 / \$15 After 7/16/19

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email Address _____

Age _____ Sex: M or F

Shirt Size: ☐ Small ☐ Medium ☐ Large ☐ Extra Large

In case of emergency or other problem, please notify:

Name _____ Phone _____

Check One ☐ Run ☐ Walk

Please Read Carefully and Sign Below.

In consideration for allowing me to compete in the 33rd Annual Ilion Days Around Town 5K Run/Walk, sponsored by the Ilion Days Committee, I hereby waive any liability that the sponsors may have to me arising out of participation in this year's run/walk. Furthermore, I hereby agree to hold harmless the Ilion Days Committee, and all sponsoring parties for any damage, either physical, personal, or property, which may occur to me, my property, or equipment which may arise in relation to my participation in this race.

I am aware that participation in this race may present a serious strain to my body or its parts, and by signature below, I attest that to the best of my knowledge, I am in good physical health and believe I am in condition to enter this event.

Signature _____

Date _____

Signature of Parent of Guardian _____

Date _____

Return form to:
Betty Jean Postiglione
Ilion Days Run/Walk Committee
8 Fourth Street, Ilion, NY 13357
315-894-2308

Checks Payable to: Ilion Days

Registration: Saturday-July 20, 2019 • 7 to 8 AM Ilion Library Walkers start at 8AM, Runners
shortly after by Ilion Marine Corps. Sponsored by: MVHS Medical Group

Directors:
Laurie & Clark
Scharett

**Ilion
Days
Committee**

www.iliondoodah.com

