



3rd Annual Bonnie Strong 5K REGISTRATION FORM

Sunday, July 16th, 2017

Check in at 7:30 AM / Race at 8 AM

Complete this form and mail it with payment to:

PO Box 73

Ingleside, IL 60041-0073



Complete a separate form for each participant
Include all "Family" registration forms attached together
Early registration closes July 8th, 2017

Name _____

Street Address _____

Phone _____ Email _____

_____ Individual Registration (\$20)

_____ Family Registration (limit 5 registrations) (\$60)

_____ Additional Child (\$10/child)

_____ Additional Donation Amount

Circle shirt size YS YM YL
 S M L XL XXL

Participating Event 5K Run 5K Walk Age _____

Total Registration costs \$ _____ (write "family" if payment recorded on another form)

PAID (circle one) Check Cash PayPal on our website

Make Checks Payable to: givebonniestrong77 foundation Questions call: 847-973-2503

Mail registration to: P.O. Box73 Ingleside, IL. 60041-0073 ****Big Hollow families can drop off at school****

Release of Liability

I know that running/walking in a road race is a potentially hazardous activity. I represent that I am medically able and properly trained to participate in this event. I assume all risks associated with this event including, but not limited to, heat exhaustion, falls, dangerous traffic conditions, etc. All such risks being known and recognized by me. I hereby agree, for myself and my heirs, assigns, personal representative, discharge the givebonniestrong77 foundation and its respective directors, officers and volunteers, and personnel assisting or connected with this event, any and all sponsors, suppliers and any other rights, claims, or demands therefore which I may have injury to my person or my property incurred in connection with participation in the Bonnie Strong 5K Run/Walk held on July 16th, 2017.

Signature _____ Date _____

Parent's signature (if under 18 years of age) _____ Date _____