



Seneca 5K Run/Walk Shipyard Days 2009

Bring the entire family to take part in the 3.1 mile course through the residential streets of this historic town. An opportunity to get out and make the most of what Seneca has to offer and meet your neighbors for the health of it!

There will be a 1K fun run for children starting at 8:30 am in the following age groups:
3 & 4 years old,
5 & 6 years old,
7 & 8 years old

T Shirt Size

- Youth Medium Adult Medium
- Youth Large Adult Large
- Adult X-large

***T-Shirts will be available for all Pre-Registrants Only**

Race Packet Pick-Up will be at Krystel's Gifts Treats & More, located at 370 N Main Street in Seneca starting Thursday July 9th and Friday July 10th from 9:00 am- 6:00 pm. Phone (815) 357-1589

Race Day Packet pick-up will start at 7:00 am. Race begins at 9:00 am from Seneca High School Campus
307 E Scott Street
Seneca, Illinois 61360

Name _____

Address _____

Phone _____

Age _____ Male _____ Female _____

- Check (Payable to Krystel's Gifts)
- Cash

All proceeds to benefit the **Seneca Food Pantry** which has been in operation for over twenty-five years. An all volunteer staff distributes your generous donations on a weekly basis. If you or your business would like to make a tax deductible donation, please contact Frank Hall at (815) 357-1589.

Awards will be presented and refreshments served at the completion of the race.

Race Waiver

In consideration of your acceptance of this entry, I hereby, for myself, heirs, executors and administrators, waive any and all rights and claims for damages I may have against the Seneca Food Pantry, any and all sponsors, the Village or County in which the race is run, individuals with said event, including pre- and post activities. I also give permission for the free use of my name and/or pictures in any broadcast, or telecast, or any account of this event. I have been warned I must be in good health to participate in this event and I attest and verify that I am physically fit and trained for this event.

Signature of participant (or guardian if under 18)

Registration

\$ 20.00 Pre-Registration*

***T-Shirts will be available for all Pre-Registrants Only (Must be post marked by Monday July 5th, 2009)**

\$ 22.00 Day of Race Registration

Visit www.senecail.org for updates and additional information