KASHMIR DASH

5K Run/Walk

ENTRY FEE:
$20 before race day
$25 race day

Sunday, Oct. 20 • 8:30 a.m.
(rain or shine)
SWIC Belleville Campus
2500 Carlyle Ave.

Packet Pickup/Registration:
Friday, Oct. 18 • noon to 5 p.m.
Sunday, Oct. 20 • 7:15–8:15 a.m.
SWIC Varsity Gym Lobby

Awards for top 3 runners in each age division

T-shirts are guaranteed to all runners with registration postmarked by Thursday, Oct. 10 and as supplies last on race day.

swic.edu/kashmir-dash
618-235-2700, ext. 5663

Timing by Tooler's Running Start
Proceeds benefit SWIC Athletics

Mail entry form and registration fee to: SWIC Foundation
2500 Carlyle Ave.
Belleville, IL 62221

Make checks payable to SWIC Foundation

To pay by credit card, call 618-235-2700, ext. 5663, or stop by the Foundation office (Main Complex Room 2240).

Name _____ Age (as of race day) _____ Gender M F

Address _____ City _____ State _____ ZIP _____

Phone _____ Email _____

T-shirt size: Adult: S M L XL XXL Youth: M L

Signature _____ Date _____
(parent or guardian if under 18)

Waiver: In consideration of accepting this entry, I understand, the undersigned, intending to be legally bound, hereby for myself, my heirs and administrators, forever discharge, and agree not to sue and to indemnify and hold harmless and waive and release any and all claims for damage, demands, actions against the committee for the Kashmir Dash 5K, Southwestern Illinois College, their affiliates, subsidiaries, officials, employees and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the competition of this run/walk. Further, I grant full permission for the free use of my name and/or photographs, video or other record of this event for legitimate purposes.

SWIC
SOUTHWESTERN ILLINOIS COLLEGE