

# DINE & DASH

## SOUTHWESTERN ILLINOIS COLLEGE

### For Education 5K Run/Walk

**Food Trucks**  
**Car Cruise**  
**5K Run Race**  
**Beer**  
**Live Music**  
**Family Fun**

**Friday, Oct. 18 • 4-9 p.m.**  
**5:30 p.m. • 5K Run/Walk**  
**RAIN OR SHINE**

Belleville Campus  
2500 Carlyle Ave. • Belleville, IL

**AWARDS:** For overall male and female, plus top 3 runners in the male and female division

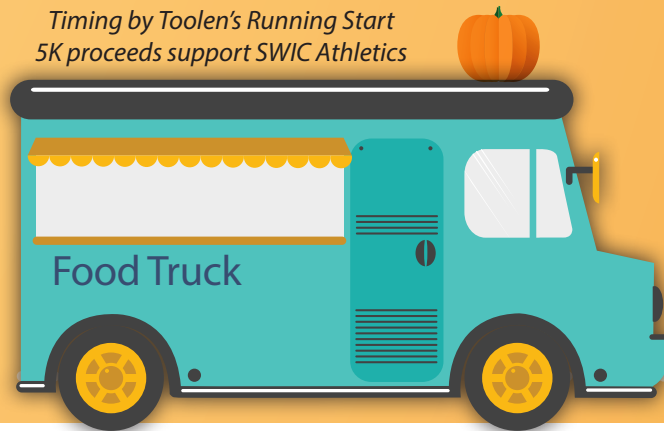
**AGE GROUPS:** 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-up

**ENTRY FEE:** \$25 before race day  
\$30 race day

**REGISTER ONLINE AT:**  
[swic.edu/foundation](http://swic.edu/foundation)

**PACKET PICK-UP – SWIC ATHLETIC OFFICE:**  
Thursday, Oct. 17 • 2-5 p.m. or  
Friday, Oct. 18 • 4:30-5:30 p.m.

*Timing by Toolen's Running Start  
5K proceeds support SWIC Athletics*



REGISTER: ONLINE AT [SWIC.EDU/FOUNDATION](http://SWIC.EDU/FOUNDATION) OR MAIL THIS ENTRY FORM AND REGISTRATION FEE TO:  
**SWIC FOUNDATION • 2500 CARLYLE AVE. • BELLEVILLE, IL 62221**

*Make checks payable to SWIC Foundation*

Name \_\_\_\_\_ Age(on race day) \_\_\_\_\_ Gender M F  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

Signature \_\_\_\_\_  
*(parent or guardian if under 18)*

Date \_\_\_\_\_



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 Dine & 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.