

# 14<sup>th</sup> Annual ESA 5K & 1 Mile Run/Walk

*fundraiser for local community projects*



**when: Saturday, June 22<sup>nd</sup> @ 8:00 am**

**packet pick up & warm-up 7:00–7:45 am**

**where: Rickeman Field (City Ball Park)**

**entry fees: \$20 before June 10**

**\$25 June 11-21**

**\$30 on race day**

*register and pay online*

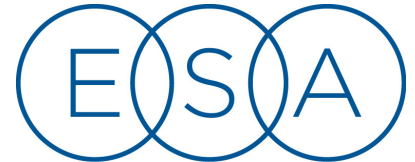
*@ [www.allsportcentral.com](http://www.allsportcentral.com) – Event Calendar*

*or @ [www.dellrapids.org](http://www.dellrapids.org) – Quarry Days*

*register early to guarantee shirt size*

**awards:**

All entrants receive an official ESA Run/Walk t-shirt (adult sizes)



EPSILON SIGMA ALPHA

Medals awarded to top finishers in each 5K category:

(15-U, 16-19, 20-29, 30-39, 40-49, 50-59, 60-Over)

**RELEASE STATEMENT/APPLICATION FORM**

*(Please use this form if unable to register and pay online)*

Date \_\_\_\_\_

I certify that I am in good health and have trained for this event. In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the organization holding this competition, their agents, representatives, successors, and assignors for any and all injuries by me at said competition.

name \_\_\_\_\_ applicant signature \_\_\_\_\_

address \_\_\_\_\_ phone \_\_\_\_\_

email \_\_\_\_\_ age (on June 22, 2019) \_\_\_\_\_

gender: M / F      t-shirt adult size: S   M   L   XL   XXL

participating in (circle one):    5K            1 Mile

For competitors under 18 years, I, the undersigned parent or legal guardian of the competitor, hereby approve and confirm the above waiver and release.

Parent/Guardian Signature \_\_\_\_\_

*For questions please contact:*

*Brenda O'Hara at 605-201-6571 or [brendaohara@siouxvalley.net](mailto:brendaohara@siouxvalley.net) OR Lori Morris at 605-359-8795 or [lmorris@goldenwest.net](mailto:lmorris@goldenwest.net)*

*If unable to register and pay online you can mail this application form & entry fee to:*

*ESA Alpha Chi, 47331 Freedom St., Dell Rapids, SD 57022*

*Checks payable to ESA Alpha Chi*