



Race for **RECOVERY** Walk for **AWARENESS**

Saturday, May 11, 2019

Join us in a 5K Race/Walk or 1 Mile Walk for Mental Health!

Registration

Runsignup.com/NAMISWI5K

Fee

Early Bird until April 12th \$25

After April 12th \$30

Includes t-shirt & 1 voucher to Grizzlies' Game*

*Excludes Super Shows

Time

7:15AM Sign-In

7:45AM Registration Closes

8:00AM Run Begins, Walk to follow

Awards for runners after race

Where:

GCS Ballpark

2301 Grizzlie Bear Blvd

Sauget, IL 62206



Proud member of

United Way
of Greater St. Louis



For more information, visit namiswi.org



Southwestern Illinois

NAMI SWI | Gateway Regional Medical Center
2100 Madison Avenue, 4th Floor, Granite City, IL 62040
Website: http://namiswi.org | Phone: (618) 798-9788



Race for RECOVERY
Walk for AWARENESS

GCS Ballpark
2301 Grizzlie Bear Blvd
Sauget, IL 62206

7:15AM Sign-In
7:45AM Registration Closes
8:00AM Run Starts/Walk Follows

Mail Registration/Payment to:
NAMI SWI
2100 Madison Avenue, 4th Floor
Granite City, IL 62040

Use the Form Below or Register Online at:
runsignup.com/NAMISWI5K

INDIVIDUAL REGISTRATION FORM

Name _____

Address _____

Phone _____

Email _____

Age* _____ Gender _____

*For 17 and younger, a parent/guardian signature is required

Participant Signature _____

Parent/Guardian Signature If Applicable _____

- 5K Run /Walk Participant - Early Bird.....\$25.00
1 Mile Walk Participant - Early Bird.....\$25.00
1 Mile Walk Participant \$30.00
5K Run /Walk Participant \$30.00
NAMI SWI Scholarship Participant..... \$5.00

*5K Walk must be completed within 1-hour

Payment Method

* Check - Payable to NAMI SWI

Credit Cards can be taken on RunSignUp Registration Site:
runsignup.com/NAMISWI5K

T-Shirt Size - Register by May 4th to guarantee shirt

- Child Small Child Medium Child Large
Adult Small Adult Medium Adult Large
Adult XL Adult 2XL Adult 3XL

Waiver of Liability: In consideration of your accepting this entry, I, the undersigned, intending to legally bound, hereby, for myself, my heirs, executors, and administrations, waive and release any and all claims for damages, actions and causes of actions against NAMI SWI, their affiliates, subsidiaries, officials, representatives, employees, successors 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 completion of the run/walk and acknowledge there is a risk of injury associated with this event. Further, I hereby grant full permission for the free use of my name and or any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.



* NAMI SWI is 501(c)(3) nonprofit. Donations are tax deductible to the fullest extent allowed by IRS Regulations.