

Southern Seven Health Department

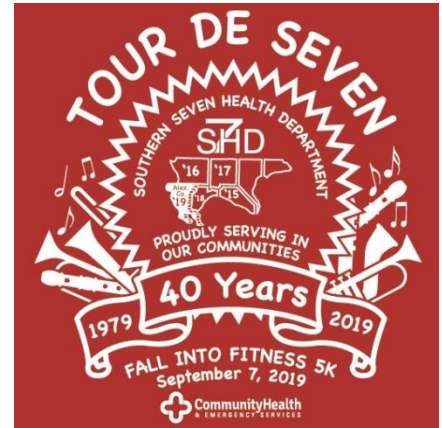
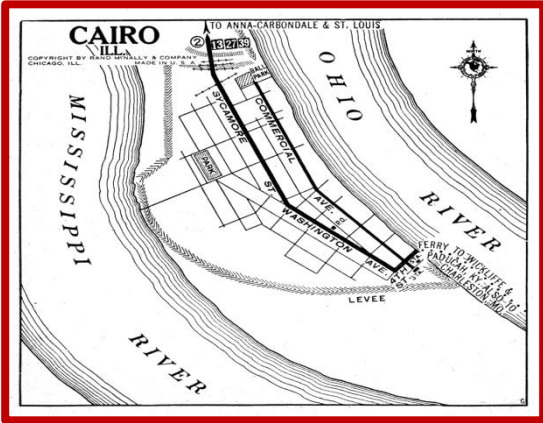
5th Annual

Tour de Seven 5k Run/Walk

Saturday Sept. 7, 2019

Registration at 8AM Race Starts At 9AM

LOCATION: St. Mary's Park in Cairo, IL



Entries received by 8/16/19: \$25 T-Shirt guaranteed

Late Entries: \$30 T-Shirt **NOT** guaranteed

(T-shirts can be ordered for \$10.00

if registered for the 1 mile "Jigidy Jag" before 8/16/19)

1st, 2nd & 3rd place Medals will be awarded for the following categories

Male & Female:

20 years & younger; 21-35 years; 36-50 years; 51-65 years; and 66 years & older

Medallions also for:

Overall Male Runner

Overall Female Runner

Overall Male Walker

Overall Female Walker



QUESTIONS???

Contact: Bobi Cavins

(618) 634-2297 ext. 123

bcavins@s7hd.org

ONE REGISTRATION PER PERSON

Print: Name _____ D.O.B. _____ Sex: M ___ F ___

Address _____ City _____ St. _____ Zip _____

Phone _____ E-mail _____

Circle Race Entering: **"Tour de Seven 5k"** or **"Jigidy Jag"**

CIRCLE CATEGORY, GENDER & ADD AGE: **RUNNER** Male/Female AGE _____ **OR** **WALKER** Male/Female AGE _____

CHECK SHIRT SIZE ___ S ___ M ___ L ___ XL ___ 2XL ___ 3XL (add \$3 for 2XL and 3XL shirts)

___ Youth S ___ Youth M ___ Youth L

Mail Registration & Waiver to: S7HD "5k"; 37 Rustic Campus Drive; Ullin, IL 62992