

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

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 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 _____



swic.edu

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.