

# INSIDE OUT

# 5K Run/Walk



**Saturday, October 20, 2018 at 9 a.m**  
**Anna City Park in Anna, IL**

### REGISTRATION

Entries received by (postmarked) October 2: \$25  
Entries received after (postmarked) October 3: \$30  
**(No guarantee of shirt after October 2)**  
Entries **NO SHIRT**: \$20

Divisions: (each separated by gender):  
19 and under, 20-29, 30-39, 40-49, 50-59, 60+

Awards: Overall Male/Female Runners  
Top 3 Runners in each division

**WALKERS ARE NON-COMPETITIVE**

**FREE LONG SLEEVE T SHIRT TO PARTICIPANTS**

**REGISTERED BY OCT 2**

### Questions????

**Susie Adams:**  
**833-8551 x104**  
Fax: 618-833-2911  
E-mail:  
susie.adams@uccsinc.org

### Online Registration & payment available @

- Website: <https://f8s.co/1vpm>
- Link on Facebook page
- Use QR Code below



ONLY ONE REGISTRATION FORM PER PERSON

-----DETACH HERE TO MAIL-----

Name \_\_\_\_\_ Age (as of 10/20/18) \_\_\_\_\_ Sex M \_\_\_ F \_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

CIRCLE CATEGORY \_\_\_\_\_ 5K RUNNER \_\_\_\_\_ 5K WALKER \_\_\_\_\_ NO SHIRT \_\_\_\_\_ DONATION ONLY \_\_\_\_\_

CHECK SHIRT SIZE \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_ 3XL (add \$3 per shirt for 2XL or 3XL)

\_\_\_\_\_ YOUTH S \_\_\_\_\_ YOUTH M \_\_\_\_\_ YOUTH L

**TOTAL AMOUNT ENCLOSED**

\$ \_\_\_\_\_

**Make checks payable to UCCS. Mail payment and registration form to: UCCS, Susie Adams, PO Box 548, Anna IL 62906**

I, on behalf of myself and my heirs, agree to hold harmless UCCS and all affiliates for my health, safety, injury, disability, or death arising out of or resulting from participation in this event. I give permission for all photos and information to be used for any legitimate advertising purposes. UCCS reserves the right to deny entry to any individual or entity whose presence is deemed by the race director to be a negative influence upon the spirit and purpose of the event. Fees are non-refundable/non-transferable.  
**DUE TO INSURANCE REGULATIONS, TRANSFER OF RACE REGISTRATION IS NOT PERMITTED. I understand that I may not transfer my registration to another person.**

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

Date \_\_\_\_\_

**RAIN OR SHINE, SORRY NO REFUNDS**