

Southern Seven Health Department

6th Annual

Tour de Seven 5k Run/Walk

Saturday Sept. 18, 2021

Registration at 7AM Race Starts At 8AM

LOCATION: Golden Circle
Golconda, IL



Entries received by 9/3/21: \$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 "Shrimp Crawl" before 9/3/21)

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

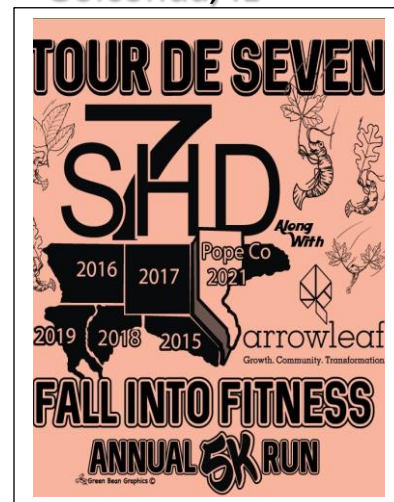
Medallions also for:

Overall Male Runner

Overall Female Runner

Overall Male Walker

Overall Female Walker



QUESTIONS???

Contact: Bobi Cavins

(618) 634-2297 ext. 9123

bcavins@s7hd.org



ONE REGISTRATION PER PERSON

-----PLEASE PRINT NEATLY-----DON'T FORGET TO SIGN THE WAIVER-----

Name _____ D.O.B. _____ Sex: M ___ F ___
Address _____ City _____ St. ___ Zip _____
Phone _____ E-mail _____

Circle Race Entering: "Tour de Seven 5k" or 1 Mile "Shrimp Crawl" (T-shirt \$10)

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