

Southern Seven Health Department

7th Annual

Tour de Seven 5k Run/Walk

Saturday October 1, 2022

Bag Pick-Up and Late Registration at 7AM

5k Race Starts at 8AM

LOCATION: Post Office

Rosiclare, IL



Entries received by 9/15/22: \$25 T-Shirt guaranteed

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

(T-shirts can be ordered for \$10.00

if registered for the "Fluorspar Mineral Mile" by 9/15/22)

1st, 2nd & 3rd place Medals 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



Partnering with:



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"** **"Fluorspar Mineral Mile" (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