



**2022 Harvard Milk Days  
43rd Annual Harvard Milk Run  
10K run; 5K run; 2 mile walk  
Saturday, June 4th, 2022**



2022 Theme- "Let's get back to fun! Milk Days 81."  
WWW.MILKDAY.COM

Check in day of registration & awards at Jefferson School  
Race Day Registration begins at 6:45 am Race day. Registration closes at 7:45 am  
Mailed entries must be postmarked by May 13, 2022  
Pre-registration ends May 17<sup>th</sup>. Shirts are only guaranteed for those who preregister by May 17<sup>th</sup>.

**Races begin at 8:00 am**

**Race Course** travels through city streets and part of parade route, course surface is asphalt grass (10K only) & some hills.

**Awards** to male & female overall winners and individual age groups first through third place. Awards presented at the end of the competitions only. There will be no awards for the 2 mile walk.

**Age Groups**

**5K Run:** 13 & under; 14-18; 19-24; 25-32; 33-45; 46-55; 56-65; 66-74; 75+  
**10K:** 13& under; 14-18; 19-24; 25-32; 33-45; 46-55; 56-64; 65+

**ENTRY FEE:** Pre-registration 13 & under \$20 14-64 \$25 65+ \$20  
Day of race 13 & under \$30 14-64 \$35 65+ \$30

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Register at: **ITSRACETIME.COM**  
or  
mail to: Harvard Milk Days™, Inc  
PO Box 325  
Harvard, IL 60033  
Phone: 815-943-4614  
  
Cash or check only on race day be prepared to show ID

Race: 5K  10K  5K Fun Walk  Male  Female  Age \_\_\_\_\_ as of May 28th

T-shirt	YOUTH	L	XL					
Please Circle Size	WOMEN	XS	S	M	L	XL	2XL	3XL
Extra T-Shirt \$15	MEN	S	M	L	XL	2XL	3XL	

In consideration of my entry being accepted for the above race, I intend to be legally bound, do hereby for myself, my heirs, executors, and assigns, waive, release and discharge for all rights, claims and damages that I may hereafter accrue against Harvard Milk Days™, Inc. its chair persons, sponsors and volunteers associated with this race. I attest that I am physically fit and able to compete in a race of this length, knowing full well the consequences of heat and humidity this time of year and its effect on running. All purchase and sales are 100% final, no exceptions. Refunds will not be issued based on weather conditions.

X \_\_\_\_\_ Date: \_\_\_\_\_  
Signature of Participant or Parent or Guardian if Participant is under 18 years of age.

**REGISTER AT: WWW.ITSRACETIME.COM**