



2025 Harvard Milk Days
46th Annual Harvard Milk Run
10-K run; 5K run; 2 mile walk
Saturday, June 7th, 2025



2025 Theme- **"Back for more with Milk Days 84!"**

www.milkdays.com

Check in day of registration & awards/finishers medals at Jefferson School.

Race Day Registration begins at 6:45 am. Registration closes at 7:45 am.

Mailed entries must be postmarked by May 16, 2025.

Pre-registration ends May 19th. Shirts are only guaranteed for those who preregister by May 19th.

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 for both 5K and 10K races. Finishers medal for everyone running 5K and 10K.
There will be no awards for the 2 mile walk.

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 TM, Inc.

P.O. Box 325

Harvard, IL 60033

Phone: 815-943-4614

Cash or check only on race day. Be prepared to show your ID

Race: 5K ☐ 10K ☐ 2 Mile Walk ☐ Male ☐ Female ☐ Age _____ (as of May 28th)

Performance Tee	YOUTH	-	-	-	L	XL	-	-
Please Circle Size	UNISEX	XS	S	M	L	XL	2XL	3XL
Extra T-Shirt - \$15	UNISEX							

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 TM, Inc. it's 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