

Walnut 5K Run/Walk for ALS

“Bring a Friend”

Saturday, July 3rd, 2021 8:00 a.m. 323 S. Main. St. Walnut, IL 61376

Starting line is in front of Bureau Valley Walnut Elementary Campus. Check-in at park tent south of the school. All proceeds will be donated to ALS (Lou Gehrig’s Disease) for research.

Race Features: 3.1 Miles. Accurately measured, Bib chip timing, Mile marker clocks, Aid Station, Traffic control, Refreshments, T-shirt. State of the art timing equipment!

WALKERS ARE WELCOME & ENCOURAGED TO PARTICIPATE!! Bring a friend!

Check-in & Race Day Registration: 6:45-7:45 a.m., south of Bureau Valley Walnut Elementary Campus in tent by park shelter. Please arrive early.

Entry Fee:

\$15.00 if received by Friday, June 25th.

\$20.00 beginning June 26th and up to and including race day. T-shirts won’t be guaranteed for these late entries.

FACEBOOK:

Walnut 5K Run/Walk for ALS. “Like” our Facebook page for updates and information.

Awards: Male & Female 1st, 2nd, 3rd place trophies. Trophies to first male & female WALNUT finishers. Medals to 1st, 2nd, 3rd in each age group: 10 & under 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over.

Timing and results will be provided by Racing Expectations. Results will be posted after the race and online at: www.racingexpectations.com (will link to Facebook page as well). Awards will follow. No pets or bicycles allowed. Strollers and wheelchairs are welcome to participate.

There will be covid restrictions in place as we will try to make this a safe racing environment. These restrictions will be posted on Facebook, at runsignup.com and will be emailed if we have your email address at a later date closer to our event. We will make adjustments as necessary and do our best to keep everyone safe.

Registration on following page...

Walnut 5K Run/Walk for ALS
"Bring a Friend"

Registration Page

Saturday, July 3rd, 2021

8:00 a.m.

323 S. Main. St. Walnut, IL 61376

Entry Fee:

\$15.00 if received by Friday, June 25th.

\$20.00 beginning Saturday, June 26th up to and including race day (t-shirts won't be guaranteed for these late entries).

Make checks payable to Running Through ALS LTD.

MAIL PAYMENT TO: Running Through ALS LTD, PO Box 141 Walnut, IL 61376

Questions?

Email: walnut5kals@gmail.com

Phone: 815-303-9348

You can also sign up online at runsignup.com. Enter Walnut 5K to find our event!

NAME _____ Circle one : Male Female

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL : _____

AGE (as of July 3, 2021) _____

Disclaimer : In consideration of the foregoing, I for myself, my executors, administrators, & assignees, do hereby waive, release and discharge ALS organizations, volunteers, directors, officials, race/event organizers, sponsors, supporters and other race participants for/of all claims of damages, demands, actions whatsoever to my person or property in any manner growing out of my participation in the Walnut 5K Run/Walk for ALS. I attest and verify that I have full knowledge of risk involved in this event and I am physically fit and trained to participate in this event. I grant permission for Walnut 5K to use photographs of me taken at/during this event for promo and media purposes.

SIGNATURE: _____ DATE: _____

Parent or Guardian Signature Required if under 18 years of age.

Person to notify in case of emergency:

NAME: _____ PHONE: _____

Circle one for t-shirt: S M L XL 2XL 3XL 4L / Youth S YM YL