

Walnut 5K Run/Walk for ALS

“150th Anniversary for Walnut Days Celebration”

Saturday, July 2nd, 2022 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 the 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, Chip timing, Mile marker clocks, Aid Station, Traffic control, Refreshments, T-shirt. Computerized results!

*WALKERS ARE WELCOME & ENCOURAGED TO PARTICIPATE!! Bring a friend!
No pets.*

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:

- \$20.00 if received by Friday, June 24th.
- \$25.00 if received after Friday, June 24th up to and including race day. T-shirts won’t be guaranteed for entries after Friday, June 24th.
- Donations can be made via Venmo @Walnut5k
- Tax-exempt donations can be made on our online registration at www.runsignup.com

Social Media:

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

Instagram: walnut5k

Twitter: @5kAls

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, and Stroller Division!

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.

Click Here for [Online Registration](http://www.runsignup.com/walnut5kforals)
<https://runsignup.com/walnut5kforals>

Paper Registration on the following page...

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Registration Page

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- Donations can be made via Venmo @ Walnut5k.
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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

Click Here [Online Registration](#)

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 2, 2022) _____

PLEASE SELECT YOUR DIVISION: Walk/Run or Pushing Stroller

Disclaimer : In consideration of the foregoing, I for myself, my executors, administrators, & assignees, do hereby waive, release and discharge ALS organizations, Racing Expectations, 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 the risks 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 Youth S Youth M Youth L