

# WALNUT 5K RUN/WALK for ALS

Saturday, July 4, 2015 8:00 a.m. 323 S. Main St., Walnut, Illinois

Starting line is in front of Bureau Valley North Jr. High. Check in at park tent south of the school. All proceeds will be donated to ALS (Lou Gehrig's Disease) for research.

**RACE FEATURES:** RRRR Circuit Event, 3.1 miles, Accurately measured, Gun to chip timing, Mile marker clocks, Aid Station, Traffic Control, Refreshments, T-shirts. Many improvements over prior years with state of the art timing equipment!

**FACEBOOK Walnut 5K Run/Walk for ALS**

**WALKERS ARE WELCOME & ENCOURAGED TO PARTICIPATE!!**

**Check-In & Race Day Registration:** 6:45-7:45am, south of BVN school at tent by park shelter. Please arrive early.

**Entry Fee:** \$15.00 if received by Friday, June 26. \$20.00 after Friday, June 26.

**Please remove shoe chips as soon as you finish the race as they must be turned in to our race crew.**

**MAIL PAYMENT & ENTRY TO:** Julie Von Holten, 29053 1500 E. St., Walnut, IL 61376

**E-MAIL:** [walnut5kals@gmail.com](mailto:walnut5kals@gmail.com) Phone# 815-379-2269

**AWARDS:** Male & Female 1,2,3<sup>rd</sup> place trophies. Trophies to first male & female Walnut finishers. Medals to 1,2,3<sup>rd</sup> in age groups: 10 & under, 11-14,15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over.

Timing and results will be done by a professional road race scoring team this year! Results will be available immediately after race is completed and will be posted at [www.racingexpectations.com](http://www.racingexpectations.com) and [www.starvedrockrunners.org](http://www.starvedrockrunners.org). Awards will follow. No pets or bicycles allowed. Strollers and wheelchairs are welcome to participate and will be lined up at end of start line. In case of race

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NAME \_\_\_\_\_ Circle one: Male or Female

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-mail \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE(as of July 4, 2015) \_\_\_\_\_

Disclaimer: In consideration of the foregoing, I for myself, my executors, administrators & assignees, do hereby waive, release & discharge ALS.TDI, volunteers, directors, officials, race/event organizers, sponsors, supporters & 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 for ALS.TDI". 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 at/during this event for promotional and media purposes.

Signature: \_\_\_\_\_ DATE: \_\_\_\_\_

(Signature of parent or guardian if under 18)

Person to notify in case of emergency: \_\_\_\_\_ PH# \_\_\_\_\_

Circle one for T-Shirt. ADULT S M L XL 2XL 3XL 4XL / YOUTH MEDIUM