

SEPT. 30, 2017

FAF APPLEKNOCKER RUN

Flora Elementary School – Flora, IL

*Walkers Welcome

5K & 1 Mile Run / Kids Dashes (4 years & under; 5 – 8 years)

DASHES @ 8:15 AM

5K & 1 Mile @ **8:30 AM**; course closes at 9:45 AM

*No refunds due to weather

Awards ceremony following conclusion of Race

PREREGISTRATION/REGISTRATION FEE:

If entry forms received on or before Sept. 16: **5K: \$20 1 Mile: \$12 Kids Dashes: FREE**

If entry forms received after Sept. 16: **5K: \$25 1 Mile: \$15**

Online Registration: runsignup.com/Same Day Registration for 5K & 1 Mile: 7:00 AM - 8:15 AM;

Those pre-registered on or before Sept. 16 for 5K & 1 Mile are assured of receiving a Moisture Management T-shirt. Extra shirts will be ordered but will be available only while supplies last to those registered after Sept. 16. Dash participants may order a cotton t-shirt (please add \$5) on or before Sept. 16.

EVENT: CATEGORY (CIRCLE ONE)

_____ 5K RUN 9 & under; 10-12; 13-15; 16-18; 19-24; 25-34; 35-44; 45-54; 55 & older

_____ 1 MILE RUN 8 & under; 9-11; 12-15; 16-18; 19- 25; 26-44; 45 & older

_____ DASH Every dasher will receive a ribbon; the fastest dasher in each wave will receive a prize

*Dashers do NOT need to register; however, if you would like to order a cotton shirt for a dasher, include \$5 with form.

T-SHIRT SIZE: YOUTH SIZES: YS YM YL ADULT SIZES: SM MED LG XL *XXL (ADD \$2)

NAME _____ Gender: M / F Age on Race Day _____

Address: _____ Phone: _____

Waiver: By signing below, I do hereby release and discharge from liability the Flora Community School District #35, City of Flora, or the Flora Academic Foundation, organizers, event sponsors, supervisors of the "FAF Appleknocker Run 2017" and their representatives, successors and assigns for any and all causes of action, claims, and injuries suffered by me in this event, however incurred. I attest and verify that I have sufficiently trained for the completion of this event. As a parent or guardian of the applicant (if applicant under the age of 18), I hereby consent to the participation of the applicant in the race under the age of 18), I hereby consent to the participation of the applicant in the race under the above mentioned conditions.

Signature _____ Date _____

Parent/Guardian _____ Date _____

MAKE CHECKS PAYABLE TO: FAF APPLEKNOCKER RUN

In conjunction
with
**Flora Academic
Foundation
Appleknocker
Festival**

**Computer Timing
Service & Online
Registration Available
(limited time)**

**Moisture Wicking
Shirts for 5K & 1
Mile participants**

**Medals for Overall and
Age/Group Categories**

CONTACT:

Jean Johnson

(618) 508-2605 or

jeanajohnson78@yahoo.com

Facebook: FAF Appleknocker Run

Mail to: 302 Summer St.

Flora, IL 62839

or Drop off at

Flora School District

Unit Office

