

**ANNUAL RED FLANNEL FESTIVAL 5K & 10K RUN/WALK  
SATURDAY, SEPTEMBER 30, 2017, 9:00 A.M.**

**RACE COURSE:**

Enjoy the fast, flat course, which starts near the White Pines Trail staging area. Water stations on the course. Chip timing will be used. Bring the whole family and the kid's can enjoy the fun run!

**REGISTRATION & ENTRY FEES: NEW ONLINE REGISTRATION AT [WWW.REDFLANNELFESTIVAL.ORG](http://WWW.REDFLANNELFESTIVAL.ORG)**

**5K Run/Walk** \$25 per participant (Must be received by August 31, 2017) — Includes t-shirt & participation medal  
\$30 per participant (Sept. 1st – Race Day) — Includes t-shirt depending on availability

**10K Run/Walk** \$35 per participant (Must be received by August 31, 2017) --- Includes t-shirt & participation medal  
\$40 per participant (Sept. 1<sup>st</sup>- Race Day)- Includes t-shirt depending on availability

**Kid's Fun Run** \$5 (Through August 31st)  
\$6 (September 1- Race Day)

Kid's Fun Run (8 and younger) will have different short distances for different ages. All children will receive a medal; participation certificate and a fun goodie bag.

**BEST DRESSED RED FLANNEL COMPETITION:**

Sport your best Red Flannels as you race through the streets of Cedar Springs! Prizes will be awarded!

**AGE DIVISIONS/AWARDS:**

Awards for overall male and female winners  
Male and Female – Awards three deep  
12 & Under, 13-15 16-19, 20-24, 25-29, 30-34. 35-39,  
40-44, 45-49, 50-59, 60 & Over

**EXTRAS:**

The race will be timed by chip timing.  
Fantastic goodie bags to pre-registered participants – late Registrants not guaranteed a goodie bag or t-shirt. A variety of Refreshments will be served immediately after the race.  
Visit [www.redflannelfestival.org](http://www.redflannelfestival.org) for more festival information.

**PACKET PICK UP/RACE DAY SCHEDULE:**

**FRIDAY, SEPT. 29, 2017**

**4:30 p.m. – 6:30 p.m.** — Packet pick up and late registration at the former Red Flannel Festival Office (18 S. Main St.)

**RACE DAY – SATURDAY, SEPT. 30, 2017**

**7:30 – 8:45 a.m.** — Packet Pick-Up/Late Registration - Grand Lodge, Second and Elm

**9:00 a.m.** — 5K Run/Walk starts

**9:45 a.m.** — Kid's Fun Run

**10:00 a.m.** — Awards presentation at the finish line — Presented by the Red Flannel Queen & Court

Keep The Top Portion Of This Form

**Red Flannel 5K & 10K Run/Walk**

**Mail to: P.O. Box 43, Cedar Springs MI 49319**

**Make Checks/Money Orders Payable to : Red Flannel Festival 5K/10K Fun Run**

Contact Name:					
Street Address:					
City, State, Zip					
Home Phone:					
Cell Phone:					
E-Mail:					
Event (Check One):	5k Run/Walk <input type="checkbox"/>	10k Run/Walk <input type="checkbox"/>	Kid's fun run <input type="checkbox"/>		
Gender:	M <input type="checkbox"/>	F <input type="checkbox"/>	Age on 9/30/2017:	Date of Birth:	
T-Shirt Size:	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL(add \$2) <input type="checkbox"/> (No shirts for Kid's Fun Run)				
Waiver:	I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts in consideration of your accepting my entry, I for myself, and anyone entitled to act on my behalf, waive and release the Red Flannel Festival Run, Red Flannel Festival Board, City of Cedar Springs, and all other volunteers, sponsors, their representatives and successors from all claims of liability of any kind arising out of my participation in this event. I grant my permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. The event director has the right to cancel this event in case of severe weather. Registration Fees are non-refundable.				
Signature:(Parent/Guardian if under 18)					
Date:					