



PAUSE FOR PATRIOTISM AND KANKAKEE RIVER RUNNING CLUB 4 MILE RUN OR 2 MILE WALK

**Greater Kankakee Airport
May 18th, 2019 08:00 AM**

Come join us for a 4 mile run on a loop course, partly along the scenic Iroquois River or a 2 mile walk on an out-and-back course.

Start Time: 08:00 AM

Pre-Registration: Pre-Register until May 17th. Must be registered by May 9th to be guaranteed a T-shirt.

Race Day Registration: 7:00 AM – 7:45 AM

Race Day Check-In: 7:00 AM – 7:45 AM

Computerized Finish and Results

Entry Fee: Pre-registered \$20.00. Race Day \$25.00.

\$2.00 discount for Military, Girl Scouts, Boy Scouts, KRRC, PSRR, PFPRC.

For Race Information Contact: krrclub@gmail.com

Send Check Payable to: KRRC, 202 Tiverton Rd, Kankakee, IL 60901



Online registration is available at: www.racerpal.com/races/pauseforpatriotism.

A mail-in entry form can be found at:

www.krrclub.x10host.com/races/Pause_for_Patriotism_2019.pdf

Pause for Patriotism Official Entry Form

Last Name _____ First Name _____
Address _____
City _____ State _____ Zip _____
Phone Number _____
Email _____

Which event are you entering? 4 Mile Run _____ 2 Mile Walk _____

Gender: M _____ F _____ Age on Race Day _____ Birth Date _____

T-Shirt Size: Men's Sizes: S _____ M _____ L _____ XL _____
Women's Sizes: S _____ M _____ L _____ XL _____
(Must be registered by May 9th to be guaranteed a T-shirt.)

Entry Fee: \$20.00 Pre-Registered \$25.00 Race Day

Discounts: \$2.00 discount for the following:

Please check which one.

Military _____ Girl Scouts _____ Boy Scouts _____

Kankakee River Running Club _____

Prairie State Road Runners _____

Park Forest Pancake & Running Club _____

No Multiple Discounts

Sanctioned by



Waiver of Legal Liability: Please read the following statement and sign before submitting entry.

By signing below, I do hereby release and discharge from liability Pause for Patriotism Board, Kankakee River Running Club and the Pause for Patriotism 4 Mile Run and 2 Mile Walk organizers, directors, sponsors, supervisors, volunteers of the event and their representatives, successors and assigns for any and all injuries suffered by me in this event, however incurred or sustained. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, video, recording or any other record of this event for any purpose whatsoever.

Signature of Participant

Date

Signature of Parent or Guardian (If participant is under 18)

Send this form with your check to KRRC, 202 Tiverton Rd, Kankakee, IL 60901
Online registration is available at: www.racerpal.com/races/pauseforpatriotism