2024

OLD KING COAL 5K Run/Walk

SATURDAY, MAY 11, 2024 ~ 8 A.M. ~ WEST FRANKFORT, ILLINOIS

1-MILE FUN WALK

5K WALK

5K RUN

Packet Pick-Up and Late Registration

Aquatic Center, West Frankfort Community Park

- Saturday, May 13 7-7:45AM

Pre-Registration (no refunds) Postmarked by April 15, 2024

INCLUDES T-SHIRT (T-shirts 3XL and larger are special orders, please add $7.50 per T-shirt)

- **Single Runner: $25.00**
- **Family Rates: 2 Runners - $40.00**
  3 Runners - $60.00
  4 Runners - $80.00

Registration postmarked after April 15, 2024 and on Race Day

NO T-SHIRT

- **Single Runner: $20.00**
- **Family Rates: 2 Runners - $35.00**
  3 Runners - $50.00
  4 Runners - $70.00

Timing by River to River Runners

All proceeds benefit Old King Coal Festival

Events & Awards

- 3 Events: 5K Run, 5K Walk, 1-Mile Fun Walk
- Overall awards to Top 2 Males and Females in 5K events
- Awards to Top 2 Males and Females in 5K age divisions: 13&under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70&over
- **T-Shirts guaranteed to all paid entrants registered by April 15**

More Information

- Theresa Renik 618/218-2159
- Email: trenik917@gmail.com

Location

- Race starts and ends at Frankfort Community Park
- 1100 E. Cleveland, West Frankfort, IL

from I-57, take exit 65, and turn east on IL-149/Main St. Watch for sign on East Main St.

One Person Per Entry Form - Please Print (OR SIGN UP ON https://runsignup.com/rivertoriver)

Make Checks Payable to: OLD KING COAL FESTIVAL Mail form/payment to: Theresa Renik, PO Box 214, West Frankfort, IL 62896

Name: _____ Age (as of May 13, 2023): _____ Gender: M F

Address: _____ Circle Event: 5K Run 5K Walk 1-Mile Fun Walk

_____ Adult T-Shirt Size: Small Medium Large XL XXL

Phone: _____ Child T-Shirt Size: Small Medium Large

Email: _____ **REGISTRATION MUST BE RECEIVED BY APRIL 15 TO GUARANTEE T-SHIRT.**

LIABILITY WAIVER TO BE SIGNED BY ENTRANT, OR BY PARENT/GUARDIAN OF ENTRANTS UNDER AGE 18.

I assume all risks associated with participation in this event including, but not limited to, falls, course/road conditions, traffic, weather conditions, and any injuries or illness suffered by me in this event. I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release OLD KING COAL FESTIVAL, event organizers and assistants, race officials, sponsors, West Frankfort Park District, the municipalities through which the race is run, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I hereby grant permission to all the foregoing to use any photograph, audio/video recording, or any other record of this event for publicity and other legitimate purpose. Further, I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit, and have sufficiently trained for the completion of this event. I have read the entry information and my signature certifies my compliance. I understand that entry fees are non-refundable.

Signature: _____ Parent/Guardian (if under 18 years old): _____