44th Annual Manito 5K Race
32nd Race held in conjunction with the Popcorn Festival
Saturday Sept. 2nd, 2023

TIMES: 7:30 AM – 5K HAND CYCLE RACE
                  8:10 AM – POPCORN TWO BLOCK DASH FOR FUN!
                  8:15 AM - 5K RUN/WALK – NO PRIZES FOR WALKERS

WHERE: Manito, IL - Begins and ends at Veterans Park on Washington St.
COURSE: 3.1 MILES ON FLAT BLACKTOP STREETS (2 Laps)

FEES: **All shirts will be ordered after the event**
RUN/WALK & CYCLE: $25.00 with Long sleeved T-shirt and $10 without T-shirt.
DAY OF RACE: $20.00 without T-shirt or $35.00 with T-shirt.
FUN RUN: $5.00 – No T-Shirt - More prizes for runners
                    VOLUNTEERS WITH SPLIT TIMES AND WATER

<u>5K Record Holders</u>:
      Men: Jackson Johnson (15:17)
      Women: Christina Kid (18:35)
  Awards are presented immediately after the race! - 3 in each group - male & female
          Free Refreshments after race – Trophies – Gift Cards -

Contacts for Race
Lynn Coers: (309)840-0420
Rodney Norris: rodney.l.norris@gmail.com
Make checks payable to: Manito Popcorn Festival Race Fund
Mail to: Lynn Coers - 29494 E County Rd. 2390N - Manito, IL 61546

Name: _____   Sex_____   Phone_____

Circle Age Bracket

(13&under)   (14-19)   (20-29)   (30-39)   (40-49)   (50-59)   (60-69)   (70&up)

Email Address: _____

CIRCLE ONE: Fun Run   5K Walk   5K Run   5K Hand Cycle
T-Shirt Size: S   M   L   XL   XXL   Other:_____

I have trained in a suitable manner for a 5K Run-Walk or fun run, and will not hold the Race committee, the Manito Popcorn Festival, the
       City of Manito, or any other individual or groups liable for any accident which may occur at or, to and from this event.

Signature_____ Date_____
                  (If under 18, parent or guardian must sign)