

River Rat Races – 5K / 10K / 10 Mile

On Sunday November 10th, the Kankakee River Running Club will be hosting the 2024 River Rat Races at Kankakee River State Park on the bike trail just west of Rock Creek suspension bridge. Packet pickup and race-day registration will be at the shelter east of the suspension bridge. It is event number five of the club's Classic Series. There will be water on course and post-race refreshments also will be available before and during awards.



Schedule:

Park opens: 7:00 AM
Packet pickup/registration starts: 7:15 AM (At the pavilion just east of Rock Creek suspension bridge.)
10 Mile Run starts: 8:00 AM
10K Run, 5K Run, 5K Walk start: 8:30 AM
Post-Race Ceremony: 10:00 AM (At the pavilion just east of Rock Creek suspension bridge.)

Event (Circle one) (5K Run \$15) or (5K Walk \$15) or (10K Run \$20) or (10 Mile Run \$25) \$2 discount for all pre-registered Running Club members. No discount on race day. Please fill out or circle all registration items.

Name: _____ Age on 11/10/24: _____
Gender (Circle one) M or F
Address: _____ City: _____ State: _____
Zip Code: _____ Phone # _____ Email: _____

- Long-sleeve Dri-Fit Shirt Option, add \$15.00, available through noon on 10/28
Shirt Size: SM MED LRG XL XXL* (Add \$2 for XXL)
- Long-sleeve Cotton-blend Shirt Option, add \$15.00, available through noon on 10/28
Shirt Size: SM MED LRG XL XXL* (Add \$2 for XXL)
- No shirt Option

Register online at: <http://www.racerpal.com/races/riverrat.html>

Or... mail this form to **KRRC, 202 Tiverton Rd, Kankakee IL 60901**
(mailed to arrive no later than 11/8/2024)

Please make check payable to: **Kankakee River Running Club.**

For race information email KRRCLUB@gmail.com



**live to Run...
Run to live**

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, my executors, and administrators, waive and release any and all rights and claims for any damages, loss, liabilities, claims, demands, costs and expenses, which I may now or in the future have against the IDNR, Kankakee River State Park, Kankakee River Running Club, the Race Directors, and any and all sponsors. 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 (Parent or Guardian, if entrant is under 18) _____ Date ____/____/____