

Springfest 5K Run/1.5 Mile Fitness Walk

Saturday, April 12, 2025 at 9:00 AM
Manteno American Legion, Manteno, IL



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

The race will be run partly on city streets and partly on a paved bike trail. The course will be well-marked and there will be volunteers at every turn. It will start and finish near the Manteno American Legion, 117 N Walnut St, Manteno, IL. Restrooms will be available at the Legion. There is some street parking near the Legion and parking lots one block to the east on Main Street. Post-race, you are welcome to enjoy the Legion's outdoor Hangar, where the awards ceremony will take place.

The starting area will be on the left side of Walnut at 2nd St. Participants will stay on the left side of the street, facing traffic, and remain on the left side throughout the course. Participants need to wear their bib numbers on the front and have them visible when entering the start area and when coming to the finish line.

Bottled water and pre-wrapped snacks such as granola bars will be available at the finish.

All participants will receive a finisher's award. There will also be Overall and Age Group awards. Also available, for an extra \$10 is a T-shirt with the race logo and info imprinted on it. You must be registered by no later than noon on March 31st to order a T-shirt. Part of the proceeds of the race will be donated to Manteno American Legion.

Springfest is the second race of Kankakee River Running Club's Classic Series. Club members completing either all five races or any four of the races will receive special awards. For more information on The Classic Series go to <https://www.kankakeeriverrunningclub.com/classic-series>

You may register online at <https://runsignup.com/Race/IL/Manteno/Springfest5KRun>. If you want the T-shirt, you must be registered by noon on March 31st. Race day registration will be available.

Name _____	Pre-Registration With T-shirt	\$30 _____
Shirt Size (If ordering) S__ M__ L__ XL__ 2XL__ 3XL__	2XL and larger, add \$2	_____
Address _____	Pre-Registration NO T-Shirt	\$20 _____
City _____ State _____ Zip _____	KRRC or PSRR Member or	
Birthdate ___/___/___ Age as of 4/12/2025 _____	under 18 years old	Deduct \$2 _____
Gender: M _____ F _____ Event: 5K Run _____ 1.5M Walk _____	Amount Enclosed	_____

Email address _____

Waiver of Liability

In consideration of acceptance of 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 Springfest 5K, the Village of Manteno, the County of Kankakee, the Manteno Village Police, Manteno Fire Department, Manteno American Legion, Kankakee River Running Club, the Race Directors, and any and all sponsors. Furthermore, 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** ___/___/___

This form is available online at

<https://kankakeeriverrunningclub.com/krrc/races/Springfest-2025-Flyer.pdf>

You may mail it to : KRRC, 202 Tiverton Rd, Kankakee, IL 60901