



**84th Annual Red Flannel Festival
5K & 10K Run/Walk
SATURDAY, SEPTEMBER 28, 2024**

PACKET PICK UP/RACE DAY SCHEDULE: FRIDAY

SEPTEMBER 27, 2024

4:30PM-6:30PM- Packet pick up @ Red Flannel office- (18 S Main Street)

RACE DAY- SATURDAY SEPTEMBER 28, 2024

7:30AM-8:45AM- Packet Pick-Up/Late Registration- at the Heart of Cedar Springs Start Line

9:00AM- 10K Run.

9:15AM- 5K Run/Walk Starts

9:45AM- Kids Fun Run Starts

10:00AM- Award presentation- presented by the Red Flannel Queen & Court

RACE COURSE: Enjoy the fast, flat course, while sporting your best Red Flannel ware. The course starts near the White Pine Trail staging area, includes water stations, and chip timing. Bring the whole family and the kids can enjoy the fun run!

REGISTRATION & ENTRY FEES: Register online at [RunSignUp](https://www.runsignup.com)

5K Run/Walk:

\$25 per participant (Must be received by September 1, 2024) —Includes t-shirt & participation medal \$30 per participant (Sept.2nd – Race Day) — **Includes t-shirt depending on availability.**

10K Run/Walk:

\$35 per participant (Must be received by September 1, 2024) —Includes t-shirt & participation medal \$40 per participant (Sept. 2nd- Race Day) Includes **t-shirt depending on availability.**

Kid's Fun Run: FREE Kid's Fun Run (8 and younger) will have different short distances for different ages. All children will receive a medal and a fun goodie bag. No Pre-registration needed.

BEST DRESSED RED FLANNEL COMPETITION: Sport your Red Flannel pride by wearing your best Red Flannel outfits, the zanier the better, as you race through the streets of Cedar Springs! Prizes will be awarded to the winners by crowd vote! (Please remember that this is a family event, when choosing your attire.) Awards 3 deep Male and Female :12 & under; 13-15, 16-20, 21-30, 31-40, 41-49, 50-59, 60 & over.

AGE DIVISIONS/AWARDS: Awards for Overall Male and Female winner(s); **EXTRAS:** The race will be timed by chip timing. A variety of refreshments will be served immediately after the race. Visit www.redflannelfestival.org for more festival information.

Keep The Top Portion of This Form

Red Flannel 5K & 10K Run/Walk
Mail to: P.O. Box 43, Cedar Springs MI 49319

Checks/Money Orders Payable to: Red Flannel Festival 5K/10K Fun Run

Contact Name:			
Street Address:			
City, State, Zip Code:		Cell Phone:	
Home Telephone:		E-Mail Address:	
Event (Check One):	<input type="checkbox"/> 5K Run	<input type="checkbox"/> 5K Walk	<input type="checkbox"/> 10K Run
Gender:	Male • Female •	Age:	Date of Birth:
Adult Unisex T-Shirt Size:	S • M • L • XL • XXL (There are no T-Shirts for Kids Fun Run)		
Waiver:	<p>I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic, and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts in consideration of your accepting my entry, I for myself, and anyone entitled to act on my behalf, waiver and release the Red Flannel Festival Run, Red Flannel Festival Board, City of Cedar Springs, and all other volunteers, sponsors, their representatives, and successors from all claims of liability of any kind arising out of my participation in this event. I grant my permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. The event director has the right to cancel this event in case of severe weather. <i>Registration Fees are non-refundable.</i></p>		
Signature: (Parent/Legal Guardian if under 18)			Date: