

## ENTRY FEE

\$25 pre-registration or \$30 day-of race registration fee, includes a short-sleeved event t-shirt. Registration fees are the same for both the 5K and 15K events. Online registrations will be taken through noon on May 27. After that, this form must be submitted to the parks office or at registration table the morning of the race.

## DAY OF RACE REGISTRATION

On race day, registrations will be taken from 7:00am - 7:30am.

## PACKET PICK-UP

Packets may be picked up at the St. Joseph Parks and Recreation administrative office at 1920 Grand Avenue, May 26 and 27, 8:00am - 5:00pm and May 28 at Krug Park check-in from 7:00 - 7:45am.

## T-SHIRTS

Parkway Run t-shirts will be given to all entrants and volunteers.

## PARKING/TRANSPORTATION

Runners and spectators may park in the lots located at Krug Park, Noyes Tennis Center, and Benton High School. Transportation will be provided from both race finish areas and Krug Park.

## RACE START/FINISH

All races will begin at Krug Park. The 5K race will finish at Noyes Tennis Center and the 15K race will finish at Benton High School, 5655 S 4th Street. Awards will be distributed near the finish line of each race. Snacks and drinks will be provided near each finish line.

## AID STATIONS

Aid stations will be located along the course.

## RESTROOMS

Restrooms are available at Krug Park, Noyes Tennis Center, the REC Center, and Benton High School.

## COURSE

A scenic course consisting of rolling hills on the St. Joseph parkway system and urban hike and bike trail.

## EVENT PHOTOGRAPHY

A photographer will be taking photos at this year's event. Free photos will be made available electronically to all participants at [www.momentoftimephotography.com](http://www.momentoftimephotography.com).

# 2016 SPRING PARKWAY RUN

## Awards - Age Groups

Age groups for men and women in the 5K and 15K runs will be divided as follows:

10 and under	41-47
11-14	48-54
15-19	55-60
20-26	61-66
27-33	67-72
34-40	73-Over

The top three finishers in each age group for each race will receive a medal. Overall men and women winners in each race will receive a special award.

## 5K FUN WALK

There are no awards for the walk portion of the Parkway Run. The 5K walk will be a "fun" walk with no competitive divisions.

## AWARDS

Awards will be handed out near the finish line of each race. When final results are available, there will be staff distributing awards to those who qualify. Snacks and drinks will also be provided.

## TIMING

Each participant will wear a timing chip during the races.

The timing service is being provided by [www.RacedayTimingSolutions.com](http://www.RacedayTimingSolutions.com) and ensures results in an accurate and timely fashion.



**FOR MORE INFORMATION**  
**816-271-5500 or**  
**[www.stjoemo.info/index.aspx?NID=253](http://www.stjoemo.info/index.aspx?NID=253)**



Organizers would like to thank the following organizations and people for their assistance and support:

**St. Joseph Parks & Recreation Department**

**St. Joseph Police Department**

**St. Joseph Public Works Department**

**Benton High School JROTC Program**

**Cookman Printing Company, Inc.**

**1st Street Graphics**

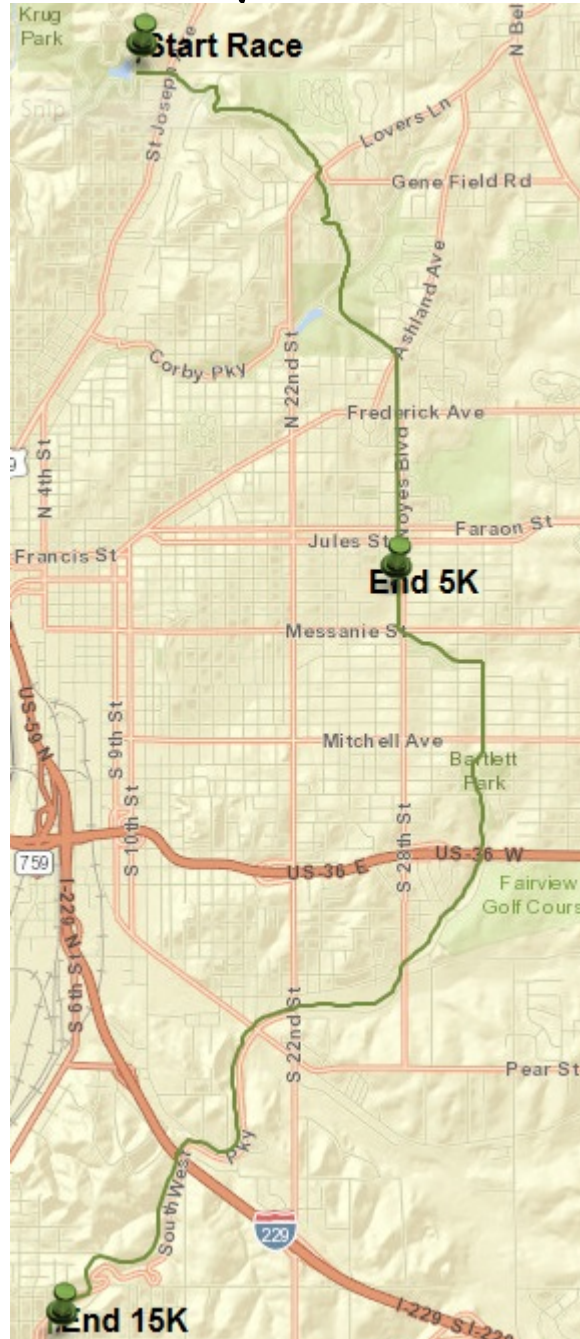
**Mosaic Life Care**

**Apple Market**

**A Moment of Time Photography, Inc.**

**RacedayTiming Solutions.com**

## Parkway Run Course



\_\_\_\_\_  
Last Name First Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State Zip

\_\_\_\_\_  
Phone Number E-Mail Address

Male  Female  Birth Date \_\_\_\_\_

Shirt Size: S M L XL XXL

I wish to participate in the:  15K Run  5K Run/Walk

Register online at <http://www.enter2run.com/search/event.aspx?id=36631> or return this form along with the registration fee (checks payable to St. Joseph Parks & Recreation) to:

### Parkway Run

St. Joseph Parks, Recreation, & Civic Facilities  
1920 Grand Avenue  
St. Joseph, MO 64505

### Waiver

#### Applications not accepted unless waiver is signed

In consideration of this entry, I, the undersigned, intending to be legally bound, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the City of St. Joseph, MO, any and all sponsors, and volunteer workers and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I realize this is a strenuous physical activity, taxing all major components of the body and I attest and verify that I am physically fit, have sufficiently trained for the completion of this event, and my physical condition has been verified by a Licensed Medical Doctor. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recording or any other record of this event for any purpose whatever.

\_\_\_\_\_  
Signature (Parent/Guardian if under 18) Date



**Saturday, May 28, 2016, 8:00am**  
**St. Joseph, Missouri**

5 Kilometers Run/Walk (3.1 miles)  
15 Kilometers (9.3 miles)

Sponsored by:

**MOSAIC™**  
LIFE·CARE

**1st STREET**  
Graphics

