

Jefferson City Road Runners Club

Spring Fling 2019

5K Run/Walk

Certified flat fast course (MO14001LJ)

Saturday, April 20 @ 9:00 a.m.

Benefits the Samaritan Center

Bring a canned food item – not required, but greatly appreciated!!!

Name: _____ Phone (____) ____ - ____

Address _____ City _____ State ____ Zip _____

Age _____ Male/Female _____

Which race? 5K run (some walking is allowed in this division)
 5K walk (no jogging or running allowed in this division!!!)

Unisex shirt sizes: XXL XL L M S

Entry Fees: Entry fee is \$20 adult (\$15 for JCRRRC members). \$10 for children under 16 years of age.
Return registration form and entry fee made payable to:
JCRRRC, PO Box 7042, Jefferson City, MO 65102

Race Day Registration: April 20, 2019, 8:00 – 8:45 a.m. at North Jefferson commuter parking lot.
Race day entry fee is \$25 adult, \$10 child, \$20 JCRRRC member.

Route: Race will start and finish at the Commuter Parking Lot east of intersection of
US Highway 54/63 and Cedar City Road (airport exit), north of Jefferson City.

Results: Results will be posted at <http://runjeffcity.org/>

RELEASE: In the consideration of the acceptance of my entry, I, for myself, my administrators, executors and assignees, do hereby release, and discharge the Jefferson City Roadrunners and all other sponsors for all claims of damages, demands and actions, whatsoever arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and trained for this event.

Signature _____
(Parent's signature if under 18 years of age)

Divisions: 9 age groups (12 and under, 13-16, 17-20, 21-29, 30-39, 40-49, 50-59, 60-69, 70+).

Awards: Given to overall female and male finishers. The top three female and male finishers in each age group and division (runners and walkers) will receive a medal.

Information: For further information, please contact John Weghorst at johnweg@ktis.net.

Jefferson City Road Runner's Spring Fling

5K Run/Walk

**Saturday, April 20, 2019
9:00 a.m. Rain or Shine
Hibernia Road
North Jefferson City**

**PROCEEDS BENEFIT
SAMARITAN CENTER**

