

# THANKSGIVING DAY PIE RUN

NORTH JEFFERSON CITY

NOVEMBER 28, 2019

**New Chip Timing!!!**

**5K Run – 10K Run – 5K Walk (8:30 a.m.)**

**Bring a Canned Food Item and Register for Door Prizes**

**(Food to benefit the Samaritan Center - 4350 pounds of food and \$29,000 donated so far)**

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!!!)  
 10K run

**Male shirt sizes:**  XXL  XL  L  M  S  youth (L)

**Female shirt sizes:**  XXL  XL  L  M  S  youth (L)

Please enclose check for \$25.00 adult, \$20.00 club member, \$15 child (15 and under).  
Mail to JCRRC, PO Box 7042, Jefferson City, MO 65102

### **Avoid long race morning lines:**

Packet pickup and last minute registration available Wednesday, Thanksgiving Eve from 6:00 to 8:00 p.m. at McClung Park Indoor Pavilion (931 McClung Park Drive, Jefferson City).

Race day registration available at JC Parks and Rec Multipurpose Building (810 Sandstone, North Jefferson City) 7:30-8:15 a.m. (race morning fee increase to \$30.00, club members \$25.00, child \$15.00)

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 of entrant \_\_\_\_\_ Date \_\_\_\_\_

(parent's signature if under 18 years of age)



**COURSE:** Start and finish at the Parks and Rec Multipurpose Building in North Jefferson. Both the 5K and the 10K are certified courses by the USATF (MO16001JHP and MO16002JHP). They are fast and flat!

Quality technical shirts! 700 shirts; first come, first served

Results will be posted at <http://runjeffcity.org/> Questions: (573) 616-9233 (John) or [Johnweg@ktis.net](mailto:Johnweg@ktis.net)

**JCRRC**  
**P. O. Box 7042**  
**Jefferson City, MO 65102**

**AWARDS:** First three finishers (men/women in each event) awarded trophies and Chez Monet pies. Medals to top three finishers (runners and walkers) in 9 age groups (12 and under, 13-15, 16-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+). To allow early departure – awards will be available on self-service basis at the JC Parks and Rec Multipurpose Building.  
Special Thanks to **Chez Monet** for donating the awards pies.

Additional thanks to the following sponsors:

Chez Monet, Coke-Cola Bottling Co., NH Scheppers Distributing Co., Central Dairy Division of Prairie Farms, Hy-Vee