

JEFFERSON CITY ROADRUNNERS CLUB'S
THANKSGIVING DAY
PIE RUN

NORTH JEFFERSON CITY

NOVEMBER 28, 2024

Chip Timing!!!

10K Run (8:15 a.m.) – 5K Run/Walk (8:30 a.m.)

Bring a Canned Food Item and Register for Door Prizes

(Food to benefit the Samaritan Center - 5960 pounds of food and \$43,500 donated so far)

Name: _____ Phone (____) _____ - _____

Address _____ City _____ State _____ Zip _____

Age _____ Male/Female _____ Email _____

- Which race? 5K run (some walking is allowed in this division)
 5K walk (no jogging or running allowed in this division!!!)
 10K run

Men shirt sizes: XXL XL L M S
 youth (unisex xs)

Women shirt sizes: XXL XL L M S

Register on-line at runjeffcity.org or mail this form with check payable to JCRRC
\$25.00 adult, \$20.00 club member, \$15 child (15 and under)
Mail to JCRRC, PO Box 121, 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 JC Parks Multipurpose Building (810 Sandstone, North Jefferson City) **NOTE THIS IS NEW PREREGISTRATION LOCATION FROM PREVIOUS YEARS!!!**

Race day registration available 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 JC Parks Multipurpose Building in North Jefferson. Both the 5K and the 10K are certified courses by the USATF (MO20002MU and MO20005MU). They are fast and flat!

Quality technical shirts! 600 shirts; first come, first served

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

NOTE: Please wear racing bib where it is visible, preferably at waist level! Thank-you!

JCRRC
P. O. Box 121
Jefferson City, MO 65102

AWARDS: First three finishers (men/women in each event) awarded trophies and Pumpkin 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 Multipurpose Building.

Additional thanks to the following sponsors:

JC Parks, Hy-Vee, Central Dairy Division of Prairie Farms, NH Scheppers Distributing Co., and Perkins Restaurant