

Gladstone HyVee Scarecrow Run for the Northland Christmas Store

The Northland Christmas Store is a 501(c)3 non-profit organization which assists needy families of the Northland during the holiday season. The Christmas Store provides services for over 3000 men, women and children and 250 senior shut-ins each year. All proceeds collected during this event will be donated to the Northland Christmas Store.

DATE

Sunday, October 2, 2011 at 7:30 a.m.

New Starting Location

Oak Hill Day School
7019 North Cherry, Gladstone, MO 64118

Race Categories

5K Run- this is a 3.1 mile course open to all runners. Time will be kept and awards will be presented to top three competitors in each division. Awards will also be presented for male and female overall winners under 40 and male and female overall winners over 40.

5K Walk - this is a 3.1 mile course open to all walkers. There will be a clock for you to acknowledge your finish time, but no race placement awards will be presented. Strollers are welcome.

1 Mile Fun Walk - Designed to attract those persons and families who want to participate, but feel they cannot conquer the 5k course. There will be a clock for you to acknowledge your finish time, but no race placement awards will be presented. Strollers are welcome. Strollers are welcome.

Registration

- **\$18** Early Bird Special if registered by September 12th.
\$22 if registered September 13th through September 23rd
\$25 if registered September 24th through race day
To register, mail form with payment to Gladstone Parks & Recreation, 7010 N. Holmes, Gladstone, MO 64118. Registrations will be accepted in person at Gladstone City Hall Monday through Friday from 8:00 a.m. - 5:00 p.m. You may also register online at www.Sportkc.org with a credit card.

General Information

- **All Runners / Walkers will be served a complimentary post- race breakfast of Bagels, Yogurt, Fresh Fruit and Beverages compliment of Gladstone HyVee.**
- All Runners / Walkers will receive a top quality T-shirt. Those persons registering after September 23rd are not guaranteed a T-shirt the day of the event.
- Family registrations will be accepted at a discounted price. One adult member will pay a full price registration fee (depending on date of registration). Immediate family members will pay \$12.00 each. Immediate family members include Mother, Father and Child(ren).
- No Animals allowed on the course. Strollers are welcome.
- Packet pick up and walk up registration will begin on Sunday, October 2, 2011 from 6:15 a.m. - 7:15 a.m. in front of Oak Hill Day School. Fee is \$25. Please bring exact change if paying with cash. Mastercard, Visa, Discover and checks are also accepted.
- A trophy will be presented to the best overall male and female finisher under 40 and Over 40. Commemorative struck medals will be presented to the first, second and third place male and female finishers in the following age groups:

5-9	40-49
10-14	50-59
15-19	60-69
20-29	70+
30-39	

GLADSTONE HYVEE SCARECROW RUN REGISTRATION FORM

Name _____ Sex: M _____ F _____

Address _____ City _____ State _____ Zip _____

Phone _____ Date of Birth _____ Age on Oct. 2, '11 _____

T-shirt size (circle) YM YL S M L XL XXL Please circle: 5K Runner 5K Walker 1 Mile Walker

Cash Check Discover Card
 VISA MASTERCARD: Card# _____ Expiration Date _____

Email Address: _____

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I also know that, although police protection will be provided and staff will be on the course, I may also encounter vehicular traffic. I assume the risk of running/walking in traffic I also assume any and all risks associated with running/walking in this event, including, but not limited to falls, contact with other participants, the effects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executor, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Gladstone HyVee, Gladstone Rotary Club, KC Running Company, the Gladstone Parks & Recreation Department, Oakhill Day School and all assignees, or anyone acting for or on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. This release and waiver extends to all claims of every kind of nature whatsoever foreseen, known or unknown. Minor applicants will be accepted only with a parent's signature.

Signature of Participant

Signature of Parent/Guardian if under 18



Title Sponsor Gladstone HyVee

Sign up for the Gladstone Scarecrow
5K Run/Walk on
Saturday, September 10th at
Gladstone HyVee from 10:00 a.m. to
12 noon and receive special
discounts on your groceries that day.

Hy-Vee Dietitian Consultations

At Hy-Vee we know you want to keep yourself and your family healthy. That's why we have registered dietitians in our stores offering private consultations and group programs. We're here to help. If you have a question or need an informed opinion, just ask the Hy-Vee dietitians.

All persons registering for the Gladstone HyVee Scarecrow 5K Run/Walk will receive (1) 15 minute consultation with a Gladstone HyVee Dietician Free of Charge. Consultations by appointment only. Call 816-452-6500 to schedule an appointment today!

City of Gladstone
Parks & Recreation Dept.
7010 N. Holmes
Gladstone, MO 64118



Scarecrow 5K Run / Walk and 1 Mile Fun Walk

Sunday, October 2, 2011
7:30 a.m.

Oakhill Day School
7019 N. Cherry
(2 blocks east of N. Oak Trafficway)
Gladstone, MO 64118

Sponsored by:
Gladstone HyVee
Gladstone Parks & Recreation
Gladstone Rotary Club