

• WAIVER •

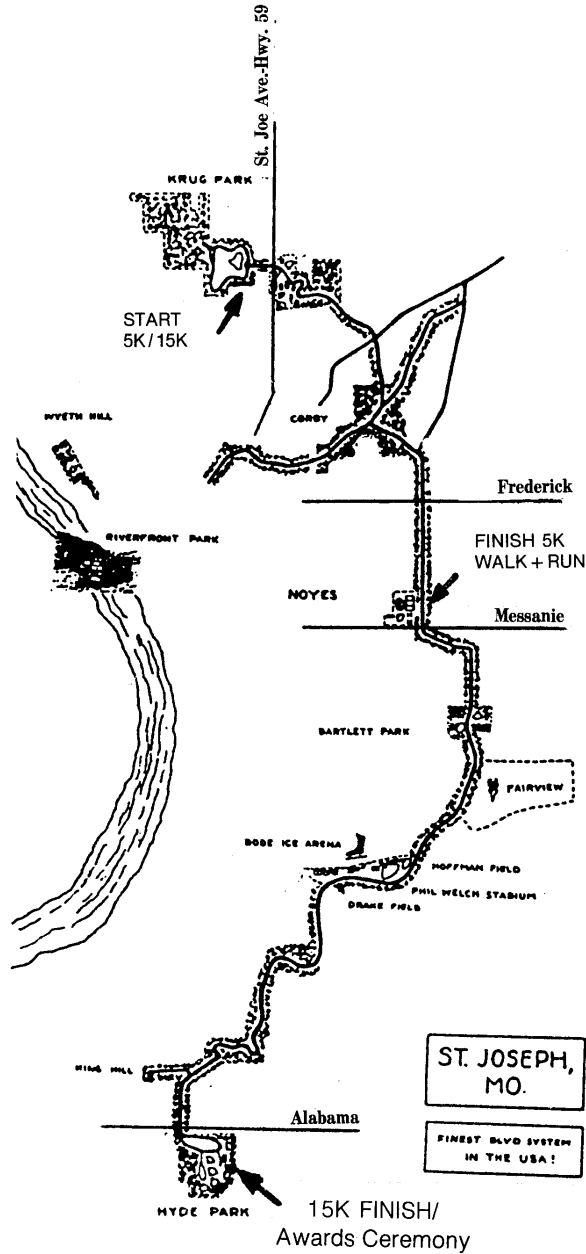
In consideration of this entry, I, the undersigned, intending to be legally bound, my heirs, executors & administrators, waive and release any and all rights and claims for damages I may have against the City of St. Joseph, MO any and all sponsors, and volunteer workers and their representatives, successors and assigns for any and all injuries suffered by me in said event. I realize that 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 Signature _____
(if under 18)

Date _____

PARKWAY COURSE MAP



ST. JOSEPH PARKS & RECREATION DEPT.
1920 Grand Avenue
St. Joseph, Missouri 64505



May 24, 2008
Saturday, 8:00 a.m.
St. Joseph, Missouri
5 Kilometers (3.1 miles)
15 Kilometers (9.3 miles)
and
5 Kilometer Walk

Sponsored by:



ENTRY FEE:

\$20.00 includes a short-sleeved running shirt.

EARLY-BIRD DISCOUNT:

Race registrations received by Monday, May 19, will only be charged \$15.00. Registrations received from May 20 through race day (May 24) will be charged the full registration fee of \$20.00

DAY OF RACE REGISTRATION:

Individual registration will be accepted through May 24. On race day, registrations will be taken from 7:00 a.m. - 8:00 a.m. at the Krug Park Castle .

PACKET PICK-UP:

Packets may be picked up at the St. Joseph Parks & Recreation Administrative Offices at 1920 Grand Ave. May 22-23, 8:00 a.m. to 5:00 p.m. and May 24 (race day at the Krug Park Castle) 7:00 a.m. to 8:00 a.m.

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 Hyde Park. Transportation will be provided between the 5K Finish, 15K Finish and the Start area at Krug Park.

RACE START/FINISH:

All races will start at Krug Park. The 5K races will finish at Noyes Tennis Center and the 15K race will finish at Hyde Park. The Awards Ceremony will take place at Hyde Park, where food and drink will be provided for everybody.

AID STATIONS:

Aid stations will be appropriately located throughout the course.

RESTROOMS:

Available at Noyes Tennis Center and Hyde Pool.

COURSE:

A scenic course consisting of rolling hills on residential streets and the St. Joseph Parkway System (finest in the U.S.A.)

FOR MORE INFORMATION

816-271-5500

www.stjoemo.info/parks/parks_recreation.cfm

2008 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	34-40
11-14	41-47
15-19	48-54
20-26	55-61
27-33	62-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 will be no awards for the walk portion of the Parkway Run. The 5K walk will be a “fun” walk this Spring with no competitive divisions.

***AWARDS CEREMONIES WILL FOLLOW THE COMPLETION OF THE 15K RACE, AT APPROXIMATELY 10:00 A.M. IT WILL BE HELD AT HYDE PARK, WHERE FOOD AND DRINK WILL BE PROVIDED. THE CEREMONIES TAKE PLACE OUTDOORS, PLEASE MAKE APPROPRIATE DRESS ACCOMODATIONS.**



The sponsors of the Spring Parkway Run would like to thank the following people and organizations for their assistance and support:

St. Joseph Police Department

7-Up of St. Joseph

Benton High School JROTC

Girl Scouts of the Midland Empire

Cookman Printing Company, Inc.

1st Street Graphics

Mr. John Chavez

Little Caesars Pizza

*Michael Nellestein, MD
Cardiovascular Surgery -
Heartland Health*

HyVee-St. Joseph

Buchanan County Academy

DrS of Entertainment

*Raul Flores
RaceDay Timing Solutions*



NAME _____

Last / First

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE - WORK (inc. area code) _____

PHONE - HOME (inc. area code) _____

EMAIL _____

MALE/ FEMALE (circle one)

Age as of May 24, 2008 _____

• SHIRT SIZE (circle one) S M L
XL XXL

Place an “X” by the race you wish to participate in.

15K Run

5K Run/Walk

**APPLICATIONS NOT ACCEPTED
UNLESS DISCLAIMER IS SIGNED.**

(see opposite side)

Return this form along with the registration fee (checks payable to St. Joseph Parks & Recreation.)

PARKWAY RUN
ST. JOSEPH PARKS & REC.
1920 GRAND AVE.
ST. JOSEPH, MO 64505