

"Through the Woods" 5k Trail Run/Walk

Register at www.Active.com • Saturday, November 5 • 9:00 a.m. Start

\$25 REGISTRATION FEE

Register at www.Active.com by Friday, October 28 OR mail your completed registration form to "Through the Woods 5k" c/o MSPA, 173 English Landing Drive, Suite 250 Parkville, Missouri 64152. Registration must be received by October 28 to guarantee free gift.

\$30 late registration fee beginning October 29. Benefiting Parkville's Christmas On The River and the Parkville Nature Sanctuary. Christmas on the River is an event of Main Street Parkville Association and the Parkville Community Development Corporation, a 501(c)3 charitable organization.

PACKET PICK-UP

Pick up your packet or pre-register at:
Cycle City Bike and Running Company
6328 Lewis Street • Parkville, MO 64152
Friday, November 4th from 5:00 p.m. - 7:00 p.m.

Cycle City Bike and Running Company is located in Parkville Commons Shopping Center between Nick & Jake's and Price Chopper.

RACE DAY NOTES

The Run Through the Woods will take place on the beautiful single-track trails of the Parkville Nature Sanctuary and on the grounds of Park College.

Areas of the race will be technical, rocky and steep, as well as flat, gravel surfaces.

START LINE

The start of the race will be at the entrance to the Nature Sanctuary Trails at Highway 9 and 12th Street. All participants will need to either be dropped off at the start line, or park in the Park College soccer field parking lot. This parking lot is just south of the Nature Sanctuary along Highway 9, next to the Park College track. There are also bathrooms near the parking lot. Runners can make their way to the start line by walking just west of the track, between the track and the soccer field.

PRIZES

Prizes will be awarded to first place male and female finishers in each division.



DIVISIONS

Male and Female 12 & Under, 13-19, 20-29, 30-39, 40-49, 50-59 and 60+

HOT SOUP!

Everyone that is pre-registered is guaranteed a FREE 12-ounce commemorative soup crock full of hot soup after the race. Registrations received after Friday, October 28, are not guaranteed a free soup crock.

DIRECTIONS TO START/FINISH

From the North, take I-29 South to 64th street exit, take 64th street West to 9 Highway south. Turn left on 12th Street to the Nature Sanctuary or continue south on 9 Highway past the soccer field on your left. Take a left into this parking lot at 6th Street.

From the South, take 169 North to the 9 Highway exit heading Northwest on 9 Highway. Continue north on Highway 9, past the post office. Turn right into the Park College parking lot next to the track and soccer field at 6th Street.

**Saturday
November 5, 2011
9:00 a.m. Start
Parkville Nature Sanctuary
Rain or Shine
(or ice, snow, etc.)**

Benefiting Parkville's Christmas On The River

REGISTRATION FORM

Registration Fee:

\$25 registration fee for 5K Run/Walk (on or before October 28)

\$30 late registration fee beginning October 29

Please make your non-refundable check payable to: Christmas on the River

Mail to: Christmas on the River

c/o MSPA 173 English Landing Drive, Suite 250 Parkville, Missouri 64152

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____

Email _____

Age on race day _____ Sex _____ DOB ____/____/____

Emergency Contact _____ Phone _____

How did you hear about us? Parkville website active.com Trail Nerds signage word of mouth

RELEASE, WAIVER AND INDEMNIFICATION

I know that running is a potentially hazardous activity and I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, uneven trail conditions, falls, contact with other participants, the effects of weather, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the Through the Woods 5k Run/Walk event and staff, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

If you are registering a child under the age of 18 or an incapacitated adult you represent and warrant that you are the parent or legal guardian of that party and have the legal authority to enter into this agreement on their behalf and by proceeding with this event registration, you agree that the terms of this Agreement and Waiver shall apply equally to all Registered Parties. By registering a child under 13, you agree and consent to the collection of that child's information which you provide for the purposes of registration.

Signature _____ Date _____

Parental Signature if under 18 _____ Date _____



Far from ordinary. Close to home!

"Through the Woods" 5k Trail Run/Walk

Parkville Nature Sanctuary



Saturday, November 5, 2011

9am Start

Benefiting Parkville's Christmas On The River.
December 2, 2011