

March 20, 2010, 9 am
SEDALIA HALF MARATHON & 5K Fun Run
to benefit Max Lewis Special Needs Trust
Sedalia Runners Club

Location: Skyline Elementary School, 2505 West 32nd Street, Sedalia, Missouri. ¼ of a mile west of the State Fair Motor Inn-Best Western, which is located at South Highway 65 and 32nd Street.

Course: The half marathon course is **USAT&F Certified (MO95046BG)**. Paved, out and back, no major hills, primarily rural. The 5k is paved, no major hills, some of the course is on Katy Trail.

Half Marathon Entry Fee: \$20 through March 1st, \$30 March 2 through race day.

5k Fun Run and Walk Entry Fee: \$15 through March 1st; \$25 March 2 through race day.

Race Day Registration/Package Pickup beginning at 7:45am race day.

T-Shirts: Shirts to all who enter by March 1 early entry deadline. *We do not guarantee shirts to those who enter after March 1.* We will order some extra shirts, but order by March 1 if you want to be certain to get one.

Marathon Awards: Awards to at least the top three in 10 year increments starting at <19 with larger groups being divided into 5 year age groups. Overall and masters division winners will also be recognized. Awards at noon.

5k Fun Run and Walk Awards: This race is intended to emphasize participating over competing, but awards will be given to top three male and top three female finishers, no age groups.

Half Marathon Early Start Option! If you project your finishing time to be *greater than 2:55*, we now offer an early start option at 8:30am. If you choose this option you are still eligible for awards, but your official finishing place will be after the last person who started at 9am and awards will be tabulated accordingly. For example, if 150 runners start at 9am, the first early starter to finish will officially be listed as finishing in 151st place.

Miscellaneous: No alcoholic beverages, headphones, 4-legged animals or baby strollers allowed. No wheelchair division will be contested. For more information, contact Kent or Robin at 660-827-0274 or by e-mail at kent@wtcpa.com. Proceeds to Max Lewis Special Needs Trust.

-----Individual Entry Form: Detach Here-----

Name: _____ Age on 3/20/10: _____ Gender: M F

Street Address: _____

ENTRY FEE

City/State/Zip: _____

Half Marathon: \$20 by 3/1/10
 \$30 after 3/1/10 _____

Shirt Size: S M L XL

5k Fun Run: \$15 by 3/1/10
 \$25 after 3/1/10 _____

Phone _____

Additional Contribution to
 Max Lewis Trust _____

email _____

TOTAL \$ _____

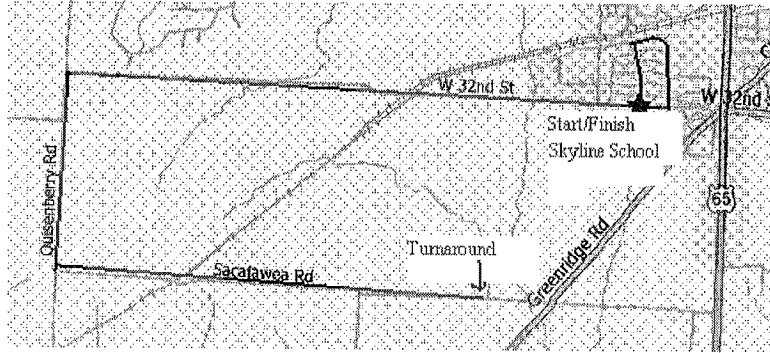
Half marathon Early Start Option: Yes

Make checks payable to "Sedalia Runners Club."

Mail completed entry form and entry fee to Jeff Mittelhauser, 22010 Stewart Road, Sedalia, MO 65301.

HALF MARATHON COURSE MAP – NOT TO SCALE

The first mile is flat and in the city limits of Sedalia. Miles 1 to 4 contain inclines at 1.5 miles and at 3 miles. Miles 4.75 to 6.95 contain a slow decline. The turnaround is at 6.95 miles. From 6.95 to 9 miles, the course is a gradual incline. Mile 9 to 10 is rolling. Mile 10 to the finish is slightly rolling with the last half-mile up a small grade. The finish is in the parking lot of the Elementary School. Expect country scenery and few cars along the way. The elevation change between high and low points is only 65 feet.



SEDALIA RUNNERS CLUB
22010 Stewart Rd
Sedalia, MO 65301

WAIVER AND RELEASE

In consideration for entering the 2010 Sedalia Half Marathon, I, for myself, my heirs and personal representatives, waive, release and promise not to sue the Sedalia Runners Club, Sedalia School District 200, the City of Sedalia, all race sponsors and volunteers, and the officers, agents, employees and servants of those entities, for any injury or damage I suffer as a result of my participation in this event. I realize and assume the risks involved in running in an event of this nature, and the risks involved in running on public streets and highways with vehicle traffic. I certify that I am properly trained for this event and that I am in good health. I understand that by signing this document I am giving up valuable rights, including the right to bring a lawsuit or otherwise seek compensation for injuries or damages from anyone associated with this event. I have read this document and am signing it with full understanding of its meaning, and I know it is a binding legal document.

Signature : _____

Parent/Guardian if entrant is under 18: _____