

*March 23, 2019, 9 am*  
**SEDALIA HALF MARATHON & 5K Fun Run**  
*to benefit Max Lewis Special Needs Trust Hosted by Sedalia Runners Club*  
**Sponsored by Bothwell Regional Health Center**  
**Promoted by Sedalia Democrat**

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

**Course:** The half marathon course is USAT&F certified. Paved, out and back, no major hills, primarily rural. The 5k is paved, no major hills.

**Half Marathon Entry Fee:** \$30 through March 5<sup>th</sup>; \$40 March 6 through race day.

**MUST ENTER HALF MARATHON BY MARCH 5 TO BE CERTAIN**  
**YOU WILL RECEIVE A FINISHER MEDAL**

**5k Fun Run and Walk Entry Fee:** \$20 through March 5<sup>th</sup>; \$30 March 6<sup>th</sup> through race day.

**T-shirts:** T-shirts to all entrants in both races. Enter early to be sure you receive a t-shirt on race day.

**Race Day Registration/Package Pickup** beginning at 7:45am race day, ending at 8:45 am.

**Stocking Caps.** Stocking caps to first 100 who pick up their packet on race day.

**Half-Marathon Awards:** Awards to 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 11:30 am.

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

**Miscellaneous:** No alcoholic beverages, 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 [langgang5@charter.net](mailto:langgang5@charter.net). Proceeds to Max Lewis Special Needs Trust.

**Enter on-line at Active.com, search "Sedalia Half Marathon"**

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

Name: \_\_\_\_\_ Age on 3/23/19: \_\_\_\_\_ Gender: M F

Street Address: \_\_\_\_\_

**ENTRY FEE**

City/State/Zip: \_\_\_\_\_

Half Marathon: \$30 by 3/5/19  
\$40 after 3/5/19 \_\_\_\_\_  
5k Fun Run: \$20 by 3/5/19 \_\_\_\_\_  
\$30 after 3/5/19 \_\_\_\_\_

Phone \_\_\_\_\_

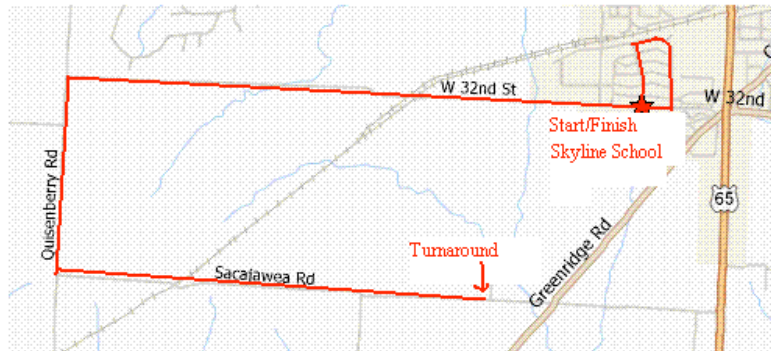
email \_\_\_\_\_

**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 a 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 2019 Sedalia Half Marathon, or 5k Fun Run 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: \_\_\_\_\_