

20<sup>TH</sup> ANNUAL  
BOONSLICK KIWANIS  
JEFF SHIKLES MEMORIAL

8  RUN/WALK

Saturday May 4, 2019  
Start Time @ 8:00 am  
(check in by 7:45 am)  
Start and Finish in Gentry Middle  
School Parking Lot  
(See map on Back)



T-Shirts for all entrants

Prizes and Awards  
to be presented

PROCEEDS TO BENEFIT CAMP KESEM

Camp Kesem is a program offered by Kesem,  
a nationwide non-profit organization that supports  
children touched by a parent's cancer.

Name (please print): \_\_\_\_\_ Age: \_\_\_\_\_ Gender:  M  F

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ T-shirt Size:  XL  L  M  S

In consideration of the above, I for myself, my executors, administrators and assigns, do hereby release and discharge Boonslick Kiwanis of Columbia, the Kiwanis Clubs of Columbia, Missouri, Kiwanis International, the Columbia Track Club, the City of Columbia, Missouri, the County of Boone, the State of Missouri and all race sponsors from all claims of damages, demands, actions, and causes of action whatsoever, in any manner arising or growing out of my participation in said event. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Saturday, May 4, 2019. I agree to follow all rules of this run/walk event and to permit myself to be removed from competition if, in the opinion of the run medical personnel, my continuing would endanger my health. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. Only those registered by April 17, 2019 will be guaranteed a T-shirt of their requested size.

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (If participant under 18): \_\_\_\_\_

**Entry Fee: \$20.00 – MAKE CHECKS PAYABLE TO BOONSLICK KIWANIS**

Return this portion with entry fee to:

8K Run/Walk  
3040 Gruender Ln W  
Sturgeon, MO 65284

Or drop off at **Tryathletics**, 1605 Chapel Hill Rd.

Register on Line @ <https://runsignup.com>  
or <http://www.columbiatrackclub.com>

Race Packets may be picked up on Fri., May 3, 2019 at Tryathletics between 3-6 pm



**KIWANIS - SERVING THE CHILDREN OF THE WORLD**



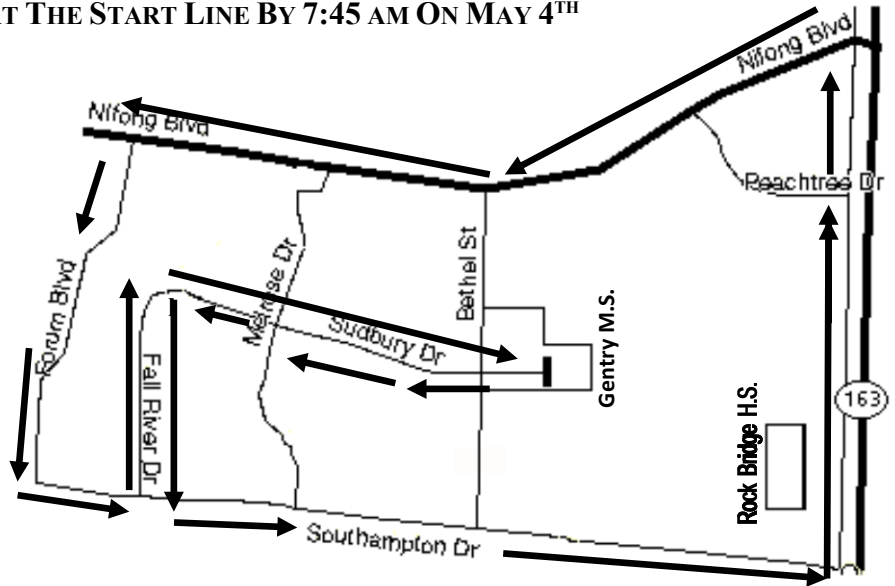
**BE SURE TO BE AT THE START LINE BY 7:45 AM ON MAY 4<sup>TH</sup>**

**COURSE:**

**START-** Gentry Middle School Parking Lot

- West on Sudbury Dr
- Turning South onto Fall River Dr
- South on Fall River Dr to Southampton Dr
- East on Southampton Dr to Providence Outer Rd
- North on Providence Outer Rd to Nifong Blvd
- West on Nifong Blvd to Forum Blvd
- South on Forum Blvd to Southampton Dr
- East on Southampton Dr to Fall River Dr
- North on Fall River Dr
- Turning East onto Sudbury Dr
- East on Sudbury Dr into Gentry Middle School Parking Lot

**FINISH-** Gentry Middle School Parking Lot



*Run packets may be picked up at Tryathletics, 1605 Chapel Hill Rd. From 3 pm to 6 pm on Friday, May 3<sup>rd</sup>..  
Runners who are unable to pick up their packets Friday may do so on the day of the run from 7:00 to 7:45 am at the race location.  
Participants will forfeit their t-shirts if packets are not picked up during these times.*