

**ENTER NOW TO MAKE SURE YOU RECEIVE A T-SHIRT ON RACE DAY!!!**

Thursday July 4, 2019, 8 a.m.

# FIRECRACKER MILE

## Missouri State Fairgrounds, Sedalia, Missouri

7:00 am Raceday Registration/Packet Pickup opens

7:50 am Registration/Packet Pickup closes

8:00 am ORDER OF EVENTS: 1. Open Division of Mile Run 2. Novice Division of Mile Run  
3. 14 & Under Division of Mile Run 4. PeeWee Dash 5. Junior Jog

9:30 Awards Ceremony

The racing begins with the mile run. Enter the **Novice Division** if you have run very few races. If you just finished High School track, you are *not* a Novice, even if you have never entered a road race. The Novice Division is for those who do little, if any, racing. Previous Firecracker Miles don't count. If the only race you've ever run is the Firecracker Mile (even if you have run it every year) you are still a Novice. **Open Division** runners are those who do not fit in the novice category. The third mile race is for **all runners age 14 and under**. All milers in that age group will run in this race regardless of their prior racing experience. The **PeeWee Dash** is a 100 yard race for kids age 6 and under. Parents may accompany hesitant participants. Kids ages 7, 8 and 9 will run the **Junior Jog**, a 300 yard race.

**Family Team Competition:** Get 3 or more family members (related by blood or marriage) together and race the mile as a team. Three fastest times will be totaled for scoring. No additional entry fee. Team members are eligible for individual awards. Trophies to the top 5 family teams. **Team entries must be sent in together!**

**Entry Fee** is \$15 for any mile race and \$10 for the PeeWee Dash or Junior Jog **IF** you enter by June 20. After June 20, the fees go up to \$20 (any mile) and \$15 (Dash or Jog). Mail completed entry form and entry fee to Jeff Mittelhauser, 22010 Stewart Road, Sedalia, MO, 65301. Make checks payable to *Sedalia Runners Club*.

**T-Shirts** Entrants in all events will receive a t-shirt. **ENTER BY JUNE 20 TO MAKE SURE YOU RECEIVE A T-SHIRT IN YOUR SIZE.** No XXL shirts to those who do not enter by June 20.

**Awards** to the top 3 finishers in both the Open and Novice Divisions in age 15-19 and then in 10 year age groups through 70 & over. All finishers in the 14 & Under Mile, the PeeWee Dash and the Junior Jog will receive an award.

**Weather?** Race will be held rain or shine. Lightning may delay start or cause cancellation. **No refunds.**

Questions? Call Jeff at 827-6809 (evenings), email [mittelhauserjam@gmail.com](mailto:mittelhauserjam@gmail.com).

On-line entry available through Active.com. Search "Firecracker Mile"

-----Entry Form-----

Name: \_\_\_\_\_ Age on 7/4/19 \_\_\_\_\_ Gender: M F

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

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

**Circle Shirt Size:** *Child:* S M L *Adult:* S M L XL XXL (enter by 6/20 to make sure you get a shirt!!!)

Family Team Name: \_\_\_\_\_ **Teams must send in entries together.**

In consideration for entering the Firecracker Mile, I, for myself, my heirs and personal representatives, waive, release and promise not to sue the Sedalia Runners Club, all sponsors, the State of Missouri, and the officers, agents, employees and servants of those entities, for any injury or damage I suffer as a result of my participation in the Firecracker Mile, PeeWee Dash or Junior Jog. 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: \_\_\_\_\_