

Gladstone HyVee Scarecrow Panther Scamper 5K Run/Walk

Join Gladstone Parks & Recreation and Oak Hill Day School as they co-host this benefit event. Oak Hill Day School is excited to partner with Gladstone Parks & Recreation for the 5k run/walk. Proceeds will benefit the Health and Physical Education curriculum at Oak Hill Day School and The Northland Christmas Store, a 501 c 3 organization assisting needy families and individuals during the Christmas season.

Date

Sunday, October 7, 2012 at 7:30 a.m.

Starting Location

Oak Hill Day School
7019 North Cherry, Gladstone, MO 64118

Race Categories

5K Run- this is a 3.1 mile course open to all runners. Time will be kept and awards will be presented to top three competitors in each division. Awards will also be presented for male and female overall winners under 40 and male and female overall winners over 40.

5K Walk - this is a 3.1 mile course open to all walkers. There will be a clock for you to acknowledge your finish time, but no race placement awards will be presented. Strollers are welcome.

1 Mile Fun Walk - Designed to attract those persons and families who want to participate, but feel they cannot conquer the 5k course. There will be a clock for you to acknowledge your finish time, but no race placement awards will be presented. Strollers are welcome.

Registration

- **\$20** Early Bird Special if registered by September 16th. **\$25** if registered September 17th through September 28th. **\$30** if registered September 29th through race day. To register, mail form with payment to Gladstone Parks & Recreation, 7010 N. Holmes, Gladstone, MO 64118. Registrations will be accepted in person at Gladstone City Hall Monday through Friday from 8:00 a.m. - 5:00 p.m. You may also register online at www.enter2run.com

General Information

- **All Runners / Walkers will be served a complimentary post-race breakfast of Bagels, Yogurt, Fresh Fruit and Beverages compliments of Gladstone HyVee.**
- All Runners / Walkers will receive a top quality T-shirt. Those persons registering after September 28th are not guaranteed a T-shirt the day of the event. T-shirts will be available at a later time for late registrants.
- Family registrations will be accepted at a discounted price. One adult member will pay a full price registration fee (depending on date of registration). Immediate family members will pay \$15.00 each. Immediate family members include Mother, Father and Child(ren).
- No Animals allowed on the course. Strollers are welcome.
- Pre packet pick up will take place on Friday, October 5th from 3:00 p.m. to 7:00 p.m. at The Running Well Store located at 6106 NW Barry Road. Packet pickup will continue on October 6th from 11:00 a.m. - 5:00 p.m. at the Running Well Store. Race day registration will also take place beginning at 6:15 a.m. Fee is \$30. Please bring exact change if paying with cash. Mastercard, Visa, Discover and checks are also accepted.
- Commemorative struck medals will be presented to the first, second and third place male and female finishers in the following age groups: 0-5, 6-10, 11-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70+

GLADSTONE HYVEE SCARECROW PANTHER SCAMPER 5K RUN/WALK REGISTRATION FORM

Name _____ Sex: M _____ F _____

Address _____ City _____ State _____ Zip _____

Phone _____ Date of Birth _____ Age on Oct. 7, '12 _____

Email Address: _____

T-shirt size (circle) YS YM YL S M L XL XXL Please circle: 5K Runner 5K Walker 1 Mile Walker

☐ Cash ☐ Check ☐ Discover Card ☐ Visa ☐ Mastercard

Card# _____ Expiration Date _____

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I also know that, although police protection will be provided and staff will be on the course, I may also encounter vehicular traffic. I assume the risk of running/walking in traffic. I also assume any and all risks associated with running/walking in this event, including, but not limited to falls, contact with other participants, the effects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executor, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Gladstone HyVee, Gladstone Rotary Club, Raul Flores RaceDay Solutions, the Gladstone Parks & Recreation Department, Oakhill Day School and all assignees, or anyone acting for or on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. This release and waiver extends to all claims of every kind of nature whatsoever foreseen, known or unknown. Minor applicants will be accepted only with a parent's signature.

Signature of Participant _____

Signature of Parent/Guardian if under 18 _____



Title Sponsor Gladstone HyVee

Sign up for the Gladstone HyVee Scarecrow Panther Scamper 5K Run/Walk on Saturday, September 15th at Gladstone HyVee from 10:00 a.m. to 12 noon and receive special discounts on your groceries and gas.

Hy-Vee Dietitian Consultations

At Hy-Vee we know you want to keep yourself and your family healthy. That's why we have registered dietitians in our stores offering private consultations and group programs. We're here to help. If you have a question or need an informed opinion, just ask the Hy-Vee dietitians.

All persons registering for the Gladstone HyVee Scarecrow Panther Scamper 5K Run/Walk will receive (1) 15 minute consultation with a Gladstone HyVee Dietician Free of Charge. Consultations by appointment only. Call 816-452-6500 to schedule an appointment today!

City of Gladstone
Parks & Recreation Dept.
7010 N. Holmes
Gladstone, MO 64118



Scarecrow Panther Scamper 5K Run / Walk and 1 Mile Fun Walk

*Two Great Causes
One Great Event!*

**Sunday, October 7, 2012
7:30 a.m.**

**Oak Hill Day School
7019 N. Cherry
(2 blocks east of N. Oak Trafficway)
Gladstone, MO 64118**

**Sponsored by:
Gladstone HyVee
Gladstone Parks & Recreation
Oak Hill Day School
Gladstone Rotary Club**