



SPECIAL FEATURE:
THE BLADES
To play during the Festival
Fitness 5 Race



www.comcarepa.com

COMCARE PA
P.O. Box 2120
Salina, KS 67401



Festival Fitness 5 Race

Five-Mile, Two-Mile,
Children's Races
& Two-Mile Walk

June 13, 2009



SATURDAY, JUNE 13, 2009
Oakdale Park, Salina, Kansas

**New Start
Times In
2009**

Schedule of Events

(Come rain or shine)

6:30 am

Registration and foot chip pickup.
Road maps are posted by
Kenwood Park Shelter House.

7:00 am

Start Two-Mile Run
Start Five-Mile Run

8:15 am

Start Two-Mile Walk

9:00 am

*For chip timing purposes, shoes with
laces are required.*

Start Children's Races
50 yd. Dash, Ages 2 and Under
50 yd. Dash, Ages 3-4
Quarter-Mile, Ages 5-6
Quarter-Mile, Ages 7-8
Quarter-Mile, Ages 9-10
Quarter-Mile, Ages 11-13
All races begin and end near the
locomotive in Kenwood Park.

AGE BRACKETS: (Two-Mile and Five-Mile Runs)

- | | |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> 11 and under | <input type="checkbox"/> 30-39 |
| <input type="checkbox"/> 12-14 | <input type="checkbox"/> 40-49 |
| <input type="checkbox"/> 15-21 | <input type="checkbox"/> 50-59 |
| <input type="checkbox"/> 22-29 | <input type="checkbox"/> 60 and over |

GENERAL INFORMATION:

Recommended parking is located in the south lot of the Salina Bicentennial Center. Plenty of restroom facilities are available. The five-mile course is entirely concrete and fast. Splits will be given every mile. **No pets. Electronic devices acceptable.**

RACE HEADQUARTERS:

Kenwood Park Shelter House, located one block south of Salina's Bicentennial Center.

AWARDS:

The top three finishers overall in each of the men's and women's runs will receive special Festival Fitness 5 commemorative trophies. Awards will also be given to the top three finishers in each age bracket of the men's, women's, and children's races. Each entrant receives a colorful Festival Fitness 5 T-shirt. All children's race participants will receive a ribbon.

NOTE: All racers providing an email address will receive personal race results. Complete race results will be posted on the Comcare website.

www.comcarepa.com



ENTRY FEE:

\$15 entry fee accepted until 5:00 pm Friday, June 12, at our 617 E. Elm Street COMCARE location. Mailed entries need to be postmarked before Tuesday, June 9. Entry fee must accompany entry form and is not refundable. Make check payable to **Festival Fitness 5**. Please mail to COMCARE, Race Director, PO Box 2120, Salina, KS 67401.

\$20 entry fee day of the race.

1/2 PRICE CHILDREN'S RACES:

All children's races are 1/2 price with at least one participating adult race/walk entry. (excludes 2M/5M race)

ELIGIBILITY:

The Festival Fitness 5 is open to all runners, joggers, and walkers regardless of age or sex.

RACE PACKETS:

Race packets may be picked up Friday, June 12 prior to race day at **COMCARE IMAGING CENTER, 617 E. Elm Street, Salina, KS** from 8 am to 5 pm. **USE EAST ENTRANCE** for drive up packet pick-up. On race day, packets will be available at 6:30 am at the Kenwood Park Shelter House.

Entry Form/6 Easy Steps

\$15.00 Advance Entry Fee

\$20.00 Race Day Entry Fee

PLEASE USE A SEPARATE ENTRY FORM FOR EACH PARTICIPANT (You may photocopy this form)

1

Name (print)

Street

City State Zip

Phone (home) (cell)

Email (to receive personalized results)

Age (on race day) _____ Male Female

2

Children's Races—PLEASE CHECK:

- 50 yd. Dash—Ages 2 and under
- 50 yd. Dash—Ages 3-4
- Quarter-Mile—Ages 5-6
- Quarter-Mile—Ages 7-8
- Quarter-Mile—Ages 9-10
- Quarter-Mile—Ages 11-13

**Children's races
1/2 PRICE
with one
participating
Adult Race/Walk
entry.**

Adult Races/Walk— PLEASE CHECK

- Two-Mile Run
- Five-Mile Run
- Two-Mile Walk
(non-competitive)

**Children in Adult
Race/Walk are
full price.**

3

PLEASE CHECK T-SHIRT SIZE

YOUTH T-SHIRT

- (XS) Toddler
- (S) 6-8
- (M) 10-12
- (L) 14-16

ADULT T-SHIRT

- Small X-Large
- Medium XX-Large
- Large

4

X

Participant's signature, required.

(If under 18, signature of parent or guardian required.)

In consideration of your acceptance of this entry, I hereby for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against the sponsor, coordinating groups, and any individuals associated with the event, the representatives, successors and assigns for any and all injuries suffered by me in connection with said event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I have been warned I must be in good health to participate in this event. In filling out this form I acknowledge that I am an amateur in such events.

5

CHECK LIST:

1. Did you print your name, address, phone and provide us with an email address?
2. Did you check which race(s) you wish to compete in?
3. Did you check a t-shirt size?
4. Did you sign your entry form? (required)
5. Did you enclose your payment?

6

PLEASE ENCLOSE PAYMENT WITH ENTRY FORM MADE PAYABLE TO FESTIVAL FITNESS 5.

Mail to: COMCARE, Race Director, PO Box 2120, Salina, KS 67401

NOTE

Major change in run/walk start times. See schedule of events.

Over