



The Smoky Hill River Festival

**SPECIAL FEATURE:
THE BLADES**

To play during the Festival
Fitness 5 Race

Don't miss all of
Saturday's Festival Fun -
just across the Kenwood Bridge!
Plus Delbert McClinton
headlines at 8:30 p.m.
on the Stein Stage!



For on-line
registration go to
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 12, 2010

**On-line
Registration &
Improved
Electronic Chip
Timing**

SATURDAY, JUNE 12, 2010
Oakdale Park, Salina, Kansas

\$8.00 Advance Children Entry Fee
\$10.00 Race Day Children Entry Fee
\$20.00 Advance Adult Entry Fee
\$25.00 Race Day Adult Entry Fee

Schedule of Events

(Come rain or shine)

6:00 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 or Velcro 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



ON-LINE REGISTRATION:

Go to www.comcarepa.com to register on line.

ENTRY FEE:

\$20 entry fee accepted until 5:00 pm Friday, June 11, at our 617 E. Elm Street COMCARE location. Mailed entries need to be postmarked before Tuesday, June 8. 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.

\$25 entry fee day of the race.

CHILDREN'S RACES:

All children's races are \$8. (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 11 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 6:00 am at the Kenwood Park Shelter House.

Entry Form/6 Easy Steps

\$8.00 Advance Children Entry Fee
\$10.00 Race Day Children Entry Fee
\$20.00 Advance Adult Entry Fee
\$25.00 Race Day Adult 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 (for results & future on-line registration)

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
Advanced \$8.00
Race Day \$10.00**

Adult Races/Walk— PLEASE CHECK

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

**Children in Adult
Run / Walk are
Adult entry fee.**

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

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

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

6

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 enclose your payment?
5. Did you sign your entry form? (required)