



5k & 1-MILE FUN RUN

Certified 5k FAST & FLAT
Saturday, August 14, 2010
Rossville Grade School

5k Run: 7:30 a.m.
Registration: 6:30 a.m.

This run is on a fast, flat certified course
through the city of Rossville, Kansas.
Runners begin and end at the Rossville Grade School.
Results will be available at www.nektrack.com

Proceeds to benefit Northeast Kansas Track Club

For more information, contact:
Scott Hammer (785) 584-5722
E-Mail: scotth@cco-ks.com
Extra registration forms at www.Rosvillekansas.us

Rossville Tall Corn 5K
603 Griswold Ct.
Rossville, KS 66533



AWARDS

Overall awards will be presented to the top finishing male and female. Top finishers in Master (40-59), and Sr. Masters (60 +) will receive awards. Medals will be awarded to the top 3 places in each age division male and female.

COURSE RECORDS

Michelle Hein 18:23 Tim Testa 15:48

HEAT WARNING!

August weather in Kansas presents hot and humid conditions. Temperatures in the 80's with high humidity can prevent body cooling and causes heat exhaustion, heat stroke, even death. Aid stations with water are provided along the course for your safety. If you experience dizziness, light-headedness, chills, or you stop sweating, please stop and seek immediate attention! These are classic symptoms of heat exhaustion. Drink plenty of liquids the week and morning prior to the run.

WELCOME ALL . . .

This is a great race course for all types of runners. The course is well marked and has blockers at intersections. Aid stations and time splits will be provided. Post race refreshments and snacks will also be provided.

Whether you're a veteran runner or this is your first race/walk you are welcome to participate. T-shirts will be provided to all paid participants, only pre-registered will be guaranteed size desired.

THANK YOU TO OUR SPONSORS



ROSSVILLE STATE BANK

2010 ROSSVILLE TALL CORN FESTIVAL REGISTRATION FORM

Name _____
Address _____
City / State / Zip _____
Home Phone _____ Work Phone _____
Date of Birth _____ Age on Race Day _____
Male _____ Female _____

I will be participating in the: 1-Mile _____ 5K _____
Shirt Size: S M L XL (circle one)

Entry fee (make check payable to TCF)
5K\$17 before August 1 \$20 on Race Day
(includes T-shirt)

1-Mileno fee, registration form required
(T-shirt: \$12)

Mail registration and fee to:
Rossville Tall Corn 5K, 603 Griswold Ct., Rossville, KS 66533

Circle your age group:

12 & under	13-15	16-19	20-24
25-29	30-34	35-39	40-44
45-49	50-54	55-59	60-64
65-69	70-74	75-79	80+

In consideration of my participation in this activity and in acknowledgement of the law, I hereby release and discharge the Shawnee County Parks and Recreation Department and all person employed or connected with this activity from any and all liability arising from illness, injury, and damages I may suffer as a result of my participation in this recreational activity. I am not waiving or releasing Shawnee County Parks and Recreation from intentional acts of damage, nor damages caused by the gross and wanton negligence of the Shawnee County Parks and Recreation Department since the areas utilized under this program are a park, playground, or open area under K.S.A. 75-5104(0). I also understand that the Shawnee County Parks and Recreation Department is not responsible for any costs incurred for medical services for illness, injuries, and damages to myself, or others in connection with this activity.

Signature: _____ Date: _____
Parent/guardian Signature (if participant is under 18): _____
Email Add. _____