



# 5K Race & Walk/Run

Saturday, April 9, 2011  
8:00 AM

Raymore-Peculiar  
District Stadium

### Start/Finish/Parking located at RayPec HS Track:

Take 71 HWY South to the Peculiar Exit  
Turn left and cross the bridge  
Turn left again on School Rd.  
Continue north about 1.5 miles, the track is on the right  
Park on the west side of the track



For Details, On-Line Registration,  
and Results, Check Out:

[www.RayPecCC.com](http://www.RayPecCC.com)

For Questions, Contact Jamin Swift

[jswift@raypec.k12.mo.us](mailto:jswift@raypec.k12.mo.us)

816-318-3739

For Mail-In Registration,

Jamin Swift

20801 School Rd

Peculiar, MO 64078

### Registration Form:

Name: \_\_\_\_\_ Male or Female: \_\_\_\_\_ Age on 4/2/11: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

T-Shirt Size (circle one): Sm Med Lg XL XXL Entry Fee: \_\_\_\_\_

#### WAIVER:

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all the risks associated with running this event including, but not limited to falls, contact with other participants, the effects of the weather, traffic on the course, and the condition of the roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the directors, sponsors, and their representatives from all claims of liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature/Date: \_\_\_\_\_ Parent's Signature if under 18: \_\_\_\_\_

# Race Information

## Start and Finish Line:

Raymore Peculiar High School Stadium  
20801 School Rd, Peculiar Mo, 64078

## Registration Fee:

5K Walk/Run by 4/1: \$20

5K Walk/Run after 4/1: \$25

T-Shirts only guaranteed to the first 80 registrants

## Online Registration/Information:

[www.active.com/running/peculiar-mo/spring-fling-5k-2011](http://www.active.com/running/peculiar-mo/spring-fling-5k-2011)

[www.RayPecCC.com](http://www.RayPecCC.com)

## Course Info:

[www.usatf.org/routes/view.asp?rID=408723](http://www.usatf.org/routes/view.asp?rID=408723)

This course was designed to be FLAT, FAST, and EASY. The course will be comprised of 1 BIG loop around our spacious campus. The biggest hills will be the occasional speed-bumps! There will be a water station at approximately 1.5 miles.

# Course Map



# Race Information

## Race Details:

The RayPec High School Cross Country team is sponsoring a 5K road race starting and finishing at our newly renovated stadium. Awards will be given to the overall winner of each race and recognition to the top 3 per age group.

## Awards:

Awards to overall winners for each race, recognition to the top 3 per age group.

Age groups: (0-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+)

## Packet Pick Up:

Race Day: Starting Line