



**Kansas
City
Express**

MOTHER'S DAY 5K

Run/Walk for Women

• • • • **MAY 9, 2010** • • • •

Corporate Woods, Overland Park, KS
Race Start Time: 8:00 a.m.

- Mothers, daughters, sisters, friends: walk, run, or push a stroller in Kansas City's only race exclusively for women!
- First-timers and veterans love our perks: women's cut t-shirts, finisher's keepsakes, kids' activities, and refreshments for the whole family.
- Come meet the women of KC Express, a running and walking club for women. We stay healthy while having fun. Look for our booth at the race or visit kcexpress.org.

www.MothersDayRun.com

Race Hotline: 913-643-1460

Packet Pick-Up:

May 7: 4 to 9 p.m. and May 8: 10 a.m. to 6 p.m.
Dick's Sporting Goods, 119th & Nall
May 9 at Corporate Woods: 6:30 - 7:30 a.m.

No race day registration.

Thanks to our major sponsor:



A portion of race proceeds will benefit the American Heart Association.

Register online at www.sportkc.org or mail form below & your non-refundable check payable to KC Express to P.O. Box 1216, Raymore, MO 64083. **Please DO NOT MAIL after 5/1 and note that Online Registration closes 5/1 at midnight.**

Registration for KC Express Mother's Day 5K

Entry Fee

Important! Age on Race Day _____

Early Bird Registration, Online or Mail-In, postmarked by 4/15\$25

Name _____

Online or Mail-In Registration, 4/16-5/1

Address _____

or

Walk-In Registration, Dick's Sporting Goods, 119th & Nall, 5/7-5/8.....\$30

City _____ State _____ Zip _____

2010 SMMC Women's Training Team and girls age 18 & under, subtract \$5.

Phone: Day _____ Eve _____

Total Amount\$ _____

Email _____

Women's cut t-shirt size (circle one) XS S M L XL XXL

I know that running/walking is a potentially hazardous activity. I agree not to enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of an event organizer to my ability to safely complete this run/walk. I assume all risks associated with running/walking in this event, including, but not limited to: falls, contact with other participants, the effects of the weather, course conditions, all 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 Kansas City Express, Mid-America Running Association, Road Runners Club of America, Corporate Woods, City of Overland Park, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons and entities named in this waiver. I grant permission to all of the foregoing to use my name, likeness and identity in any photographs, videos or recordings of any other record of this event in perpetuity, in any media not known or developed later for any legitimate promotional purpose. I understand that no headsets, roller skates, dogs, skateboards or motorized vehicles are allowed on the course. If pushing a stroller, I will start at the back and walk only. I will not walk or run wearing a headset.

ENTRY FORM MUST BE SIGNED TO BE VALID _____ DATE _____

PARENT/GUARDIAN SIGNATURE FOR GIRLS UNDER AGE 18 _____ DATE _____