

******* 5K Time Schedule *******

- Registration on day of race will be from 7:30am - 8:30am CST at 555 Jefferson Street, Paducah, KY (Paducah Bank's Main Location)
- Run begins promptly at 9:00am CST
- Awards Ceremony: 10:30am CST (chip results)

******* 5K Race/Route Features *******

- One water station on route
- Corporate Team Competition (3 members per team entry)
- Awards in 26 age groups (First 3 M-F)
- Special Awards to:
M-F Overall
M-F Master Finishers (age 40+)

*******PRIZE MONEY*******

\$100 CASH prize for overall Male and overall Female winners

******* 5K Award Age Groups *******

70 & over	35-39
65-69	30-34
60-64	25-29
55-59	20-24
50-54	15-19
45-49	14 and under
40-44	

MALE AND FEMALE WINNERS

******* Youth 1 Mile Awards *******

- Medals given to all finishers
- Award given to overall Male & overall Female winners
- 1st Place award given to male and female in each individual age group
6 and under
7 - 8
9 - 10
11 - 12

******* Youth 1-Mile Run Schedule *******

- Registration: 7:30am-9:00am (CST)
- Youth Run begins at 10:00am (CST)
- Entry Fee: \$10 if pre-registered, \$15 on day of race or FREE with any pre-registered 5K participant (cannot be redeemed the day of the race; must pre-register the youth at time of 5K pre-registration)
- Youth Race is open to those ages **12 & under**
- First 100 **pre-registrants** are guaranteed a Youth Run shirt on race day
- Award to the school with the most participants

Adult guardians may accompany youth runners

*******Corporate Teams*******

All team members must be currently employed by the same employer, either part-time or full-time.

Corporate Team Rules:

- All teams must register on or before the Thursday before the race by 12pm CST **NO EXCEPTIONS!**
- Team size: 3 members; multiple teams per employer are allowed
- Scoring: The 3 finishers' cumulative times will be calculated; lowest time wins
- Entry Fee: Same as the individual 5K fee
- All team members' registration forms must be submitted together
- Each team member is eligible for awards in the individual competition as well
- The Race Committee will have the ultimate authority to rule in the matter of any questions or disputes that may arise regarding race teams, divisions, rules or eligibility

Corporate Awards:

- A team award will be distributed to the top 5 teams. Individual medals will be distributed to each member of the top 5 teams.

2016 Team Winner: Westlake!

*******PRE-REGISTRATION*******

Pre-register for the race at runsignup.com or unitedwaypaducah.org
Deadline to pre-register:
Thursday, September 22nd at 12pm

LIVE UNITED



REGISTRATION FORM

UNITED WAY 5K RUN & 1-MILE YOUTH RACE

Race Fees	Advanced Registration	On Race Day
5K Race/Walk	\$25.00.....	\$35.00
1-Mile Youth Race/Walk (participants 12 and under)	\$10.00.....	\$15.00

Race Related Questions? Call the United Way at (270) 442-1691
Please make checks payable to United Way of Paducah-McCracken County and mail to: United Way of Paducah-McCracken County, 333 Broadway, Suite 502 Paducah, KY 42001

Check the event you are registering for:

_____ 5K (3.1 mile) Run/Fitness Walk _____ 1-Mile Youth Run

LAST NAME

FIRST NAME

STREET ADDRESS

CITY

STATE

ZIP

CONTACT PHONE

EMAIL ADDRESS

AGE ON RACE DAY (REQUIRED)

SEX (CIRCLE)

CORPORATE TEAM NAME

MALE / FEMALE

RACE SHIRTS WILL BE ORDERED FOR THE FIRST 350 PRE-REGISTRANTS

BIB CHIP TIMING RESULTS: Bib Chip timing technology will be used to time our races. Race results will be posted ongoing throughout the event.

WAIVER (MUST BE SIGNED BY PARTICIPANTS)

I, for my heirs, executors and myself, do hereby release all race sponsors and contributors from any and all liability resulting in injury or death from my participation in this event. I understand the implications of competing in this event and certify that I am physically prepared to cover this distance.

Signed _____ Date _____

Parent or Guardian if under 18 years _____ Date _____