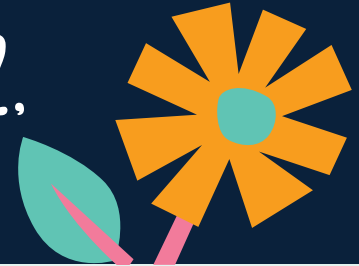


Kansas City Express

Run/Walk for Women

# MOTHER'S DAY 5K

May 12, 2019



**MOTHERSDAYRUN.COM**



Join us Sunday, May 12 at 8 a.m. in Corporate Woods, Overland Park, KS!

**Registration:**

- At mothersdayrun.com
- By mail (before 5/6)
- At Packet Pick-Up

**Enter early! The race will be capped at 3,000 entrants.**

**Packet Pick-Up:** May 10, 4-9 pm, May 11, 10 am-6 pm, at Dick's Sporting Goods, 119th & Nall or May 12, 6:30-7:30 am at Corporate Woods

**T-Shirts:** Our tees are women's cut, in a soft, 50% cotton/50% poly blend.



Presented by:



[kcxpress.org](http://kcxpress.org)

Major Sponsors:



Mail entry form and non-refundable check (payable to KC Express) to:  
**KC Express Mother's Day 5K, PO Box 8158, Prairie Village, KS 66208**

Important! Birthdate: mm/dd/yyyy \_\_\_\_\_  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
 Email \_\_\_\_\_  
 Phone \_\_\_\_\_

Women's cut t-shirt size (circle one below):  
 XS    S    M    L    XL    2X    3X    4X  
 Youth size t-shirt (circle one):    XS    S

Early Bird Registration (postmarked by April 15) .....\$30  
 After April 15 .....\$35  
 2019 AdventHealth Women's Training Team members  
 or girls age 18 & under ..... subtract \$5  
 Group discounts available at [mothersdayrun.com](http://mothersdayrun.com)  
 Total amount ..... \$ \_\_\_\_\_

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 relative to my ability to safely complete the 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, 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 or any other record of this event in perpetuity, in any media now known or developed later for any legitimate purpose. I understand that no headsets, roller skates, wagons, dogs, skateboards or motorized vehicles are allowed on the course. **If pushing a stroller, I will start at the back and walk only.**

**ENTRY FORM MUST BE SIGNED TO BE VALID** \_\_\_\_\_ **DATE** \_\_\_\_\_

**PARENT/GUARDIAN SIGNATURE FOR GIRLS UNDER 18** \_\_\_\_\_ **DATE** \_\_\_\_\_

**DO NOT MAIL AFTER 5/6**