



# Pathways 5k

**March 29, 2014**  
**Wallace Park, Paola, KS**  
[www.paolapathways.org](http://www.paolapathways.org)

## About the Race

The Pathways 5k will be the inaugural event held on phase one of the new Paola Pathways trail system. The trail surface consists of limestone screenings although portions of the race will be on pavement. Course is generally flat with some moderate hills. Runners and walkers of all ages and abilities are welcome.

- Custom designed shirts for the first 100 pre-registered entrants received by March 19th
- Awards to overall male & female winners and top 3 in the following age groups: 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over
- For safety reasons, headphones, earbuds, strollers, and pets are not allowed.
- In the event of inclement weather, the race start may be delayed but will not be rescheduled. No refunds.
- For additional information, contact [mark.fuchs@sbcglobal.net](mailto:mark.fuchs@sbcglobal.net)

## Race Day Schedule

- 6:30-7:30 a.m. - Registration & packet pickup - Miami County Fairgrounds
- 8:00 a.m. - Race starts
- Awards to be presented after results are compiled

Parking will be available at the Fairgrounds lot

-----Detach here-----

## Registration Form (online registration available at [www.paolapathways.org](http://www.paolapathways.org))

Name \_\_\_\_\_ Gender: M / F

Address \_\_\_\_\_ City, State, ZIP \_\_\_\_\_

E-mail address \_\_\_\_\_

Birthdate (MM/DD/YY) \_\_\_/\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_\_

Shirt size (circle 1)

Adult: S M L XL XXL Child: S M L

### Waiver (signature required):

I know that participating in this event is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the course. I understand that baby joggers, animals, and personal music players are not allowed in the race and I will abide by all race rules. 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 City of Paola, Paola Pathways, Miami County Fair Board, volunteers, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (Parent / Guardian if under 18 years of age): \_\_\_\_\_ Date: \_\_\_\_\_

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----- circle one -----

Entry Fee:	10 & under	ages 11-18	ages 19 & up
Through Feb. 28	\$10	\$20	\$25
March 1 <sup>st</sup> – 28 <sup>th</sup>	\$15	\$25	\$30
Race Day	\$20	\$30	\$35
*Additional contribution	+ _____		
(see note below)			
Total	_____		

\*Additional contributions of \$50 or more allow participants to personalize a Pathway Paver. Engraved pavers are used at each trailhead as the trail is developed. If you wish to sponsor a paver, forms are available on the website or will be available on race day.

Please make check payable to **City of Paola** and mail with Registration Form to:  
Paola Pathways, c/o Mark Fuchs  
9 Tower St, Paola, KS 66071