



# Midwest Running Fest

**DATE:** Saturday April 16<sup>th</sup>, 2016

**LOCATION:** Russell High School Track Area 565 State Street, Russell, Ks 67665

**COURSES:** Southwind 5K RunRussell 2 Mile State Street Mile Shaffer Field Sprint ½ mile Kids Race

**ENTRY FEE:** Any One (1) Event \$25.00 Any Two (2) Events \$40.00 ALL Three (3) Events \$60.00

**AWARDS:** **Overall Male & Female in each event**

- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place awards for male & female in the following age groups:
- 10-14, 15-19, 20-29, 30-39, 40-49, 50-59 and 60 plus
- **Shaffer Field Sprint** All participants will receive a Participation Ribbon

**PREREGISTRATION:**

- 1) Online Registration at [www.getmeregistered.com](http://www.getmeregistered.com) through Monday April 11<sup>th</sup>, 2016
- 2) Mail registration form WITH payment to RunRussell at 703 W. Wichita, Russell, KS 67665
- 3) Registration will be from 6:45 to 7:45 am on the day of the event.

**RACE DAY:**

6:45 am – 7:45 am Packet Pickup AND Race Day Registration.  
8:00 am Southwind Bank 5K  
8:30 am Shaffer Field Sprint ½ Mile Kids Race  
9:00 am RunRussell 2 Mile  
10:00 am State Street Mile (1 mile race)  
10:30 am AWARDS

**INFORMATION:** For information contact Scott Young at 785-483-3758 OR Micky Zorn at 785-483-9780

**ALL Courses are USATF Certified.**

**ALL Courses are Chip Timed.**

**ALL Courses are STATE RECORD Eligible!**