

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

- September 28, 2019
- Registration on day of race will be from 6:30am - 7:30am CST at 555 Jefferson Street, Paducah, KY (Paducah Bank's Main Location)
- Run begins promptly at 8:00am CST
- Awards Ceremony: 9:30am CST

***** **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 1,2,3
 - M-F Overall Masters
 - M-F Overall Grandmasters

***** **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	

Masters 40 and over
Grandmasters 50 and over

***** **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** *****

- Race Day Registration: 6:30am-8:30am CST
- Youth Run begins at 9:00am CST
- Youth Race is open to those ages **12 & under**

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 Captains to email billculiver@gmail.com team rosters.**
- 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
- 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.

2018 Team Winner: Westlake!

***** **Pre-Registration** *****
RunSignUp.com

Deadline to pre-register:
Thursday, September 26th noon
(Prices go up to full price after 9/13)

REGISTRATION FORM

BARBECUE ON THE RIVER 5K RUN & 1-MILE YOUTH RACE
BENEFITTING THE UNITED WAY AND LOWER TOWN NEIGHBORHOOD ASSOCIATION

Race Fees	Registration (before 9/13)	From 9/13 to Race Day
5K Race/Walk	\$25.00	\$35.00
1-Mile Youth Race/Walk (participants 12 and under)	\$10.00	\$15.00

Please make checks payable to WKRC. Paper entries can be turned in to: John Durbin at Paducah Bank, 555 Jefferson Street, Paducah, KY 42001. Entries can also be made on RunSignUp.com

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

SHIRT SIZE

EMAIL ADDRESS

AGE ON RACE DAY (REQUIRED)

SEX (CIRCLE)

CORPORATE TEAM NAME

MALE / FEMALE

Shirts will be guaranteed for those pre-registered by 9/13. Extra shirts will be ordered for raceday registration, but sizes only guaranteed for pre-registered runners.

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 _____

Race Related Questions? email: billculiver@gmail.com