

Registration Form:

Name _____

Address _____

City _____

State _____ Zip _____

Circle One: Run/Walk Cycle

Kid's Circuit

Sex: M F Age _____

Phone: _____

Adult Shirt Size: S M L XL XXL

Youth Size: 2/4 6/8 10/12 14/16

RELEASE: In the consideration of the acceptance of my entry, I, for myself, my administrators, executors and assignees, do hereby release, and discharge the Jefferson City Parks and Recreation and Capital Region Healthplex and all other sponsors for all claims of damages, demands and actions, whatsoever arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and trained for this event.

Signature: _____

Date: _____

**Return registration form and entry fee made payable to: Jefferson City Parks and Recreation, 427 Monroe St., Jefferson City, MO 65101



FOR MORE INFORMATION OR TO VOLUNTEER CONTACT:

Jefferson City Parks & Recreation

Phone: (573) 634-6482

Email: jcparks@jeffcitymo.org



*Stride and Ride
2009*

Friday, Sept. 4
6:00 p.m.

Run, Walk, or Bike
the Tour of Missouri
Circuit Route in
Downtown Jefferson
City

Presented by:
Capital Region
Healthplex and
Jefferson City Parks
and Recreation



The Route

Entry Fee:

Pre-registration

Adult: \$12

Child: \$ 8

Pre-register deadline: August 21

Day of Race

Adult: \$15

Child: \$10

Registration Day of Event: 5:00-6:00 pm
across from the Post Office on High
Street

Shirts:



T-shirts guaranteed to all who
pre-register; they will be
distributed the night of the
event.

**No awards or prizes will be
given**

This challenging course features long flat
stretches with intermittent inclines. The
Tour of Missouri professional cyclists will
ride this 2.5 mile route as they finish
Stage 4 in Jefferson City on September
10.



Schedule of Events

5 PM- Registration

6 PM- Runners/Walkers

7 PM- Cyclists

7:30 PM- Kids Route
(Located on 100 block of High Street)

Dusk- "Breaking Away" Free movie on
the South Capitol lawn. Bring lawn
chairs or blankets for sitting.



Proceeds benefit the health and
wellness initiatives provided by Capital
Region Medical Center and Jefferson City
Parks and Recreation.

