

# Geary County Pathways to Fitness Community Race and Bike Jamboree

October 12<sup>th</sup>, 2019  
Al Simpler Stadium

Register at  
**manhattanrunningco.com**  
or at JCHS Shenk Gymnasium on  
October 10<sup>th</sup> from 6 - 7 p.m.

Cost: \$5

**Top 3 placers in each heat receive  
MEDALS!**

The school with the highest  
percentage of participants will receive  
a banner

## Race Schedule

- 7:30 a.m. race check-in/packet pick-up
- 8:00 a.m. All community 2 mile run  
(including 6-12 graders)
  - 9:15 a.m. K-2: ¼ & ½ mile run
- 10:00 a.m. Grades 3-5, ½ & 1 mile run
  - 10:45 a.m. Grades 6-8, 1 mile run
- Times are subject to change depending on  
the number of heats for each race. Plan to  
arrive early!

## Free Bike Jamboree

9:00 -11:00 a.m.

**Bike Quick Check Stations: Air, Brakes, Chain,  
Bike repair – free tires & tubes, Bike Fitting, Bike Helmets**

**Prize drawings**

**Free Healthy Snacks**

**Community Bike Ride following event at 11 am**

**Pathways to Fitness Community Races**

**Participant's Name:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **Running distance:** \_\_\_\_\_

**Payment: \$5    Cash \_\_\_\_\_    Check \_\_\_\_\_**

**(Please make checks payable to: Junction City High School)**

**Consent and Waiver:** By signing below, I acknowledge that the above information is accurate to the best of my knowledge. I also state that to the best of my knowledge, I am/responsible for the person capable of participating in vigorous physical activity. I give my permission for the free use of my name and picture in any broadcast, telecast, print or other media account of this event, including future publicity for this event. In consideration of the benefits I will receive through this participation, I hereby release Live Well Geary County, USD 475, its employees, coaches, volunteers, sponsors, agents and all others associated with this event from any liability or claims arising from this activity.

**Parent/Guardian Signature:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_

**Contact #:** \_\_\_\_\_

**This form should be turned in to the *Junction City Athletic Office* by Wednesday, October 9<sup>th</sup>.**

### **Here's how the Geary County Pathways To Fitness Races will work:**

- All races will begin and end inside Al Simpler Stadium.
- There will be a 2 mile community road race open to everyone from 6<sup>th</sup> grade through adult. The race will begin in Al Simpler Stadium before entering the streets near the high school. The race will end inside the stadium.
- Youth in Grades K-8 are eligible for Fun Runs ranging from ¼ mile to 2 miles.
- The school with the highest number of runners participating will earn a banner for their school.
- The school with the highest percentage of runners will earn a banner for their school.
- All schools must have a minimum of 10 students participating in the challenge to qualify for a school award category.
- This event is geared towards students of Geary County. All students including those that reside outside of Geary County are welcome to participate.
- Students have a choice to run the following distance based on their current grade level:
  - Grade K-2 – Option to run ¼ mile or ½ mile
  - Grade 3-5 – Option to run ½ mile or 1 mile
  - Grade 6-8 – Option to run 1 mile or Community 2 mile run.
  - High School – Community 2 mile run

**All finishers will receive a ribbon at the finish line. The top 3 in each age category receive a medal that will be presented at 5<sup>th</sup> Street Park.**

### **Parking**

Enter JCHS from Eisenhower Street. Please observe all parking signs.

### **Restrooms**

Restrooms are located in Al Simpler Stadium.

### **Packet Pick-up**

You may pick-up your packet on Friday, September 14<sup>th</sup> from 5 p.m. to 8 p.m. or on race day starting at 6:30 a.m. in the commons of Shenk Gymnasium inside Junction City High School.

### **Event Schedule**

- 6:30 a.m. Race packet pick-up begins
- 7:30 a.m. Community 2 mile race begins (including 6-12 grades)
- 8:45 a.m. K-2: ¼ mile run. Multiple heats
- 9:15 a.m. K-2: ½ mile run. Multiple heats
- 9:30 a.m. Grades 3-5, ½ mile run. Multiple heats
- 10 a.m. Grades 3-5, 1 mile run. 1 heat
- 10:15 a.m. Grades 6-8, 1 mile run. 1 heat

Heats are determined by the number of registrations; the number of heats can vary on race day.

Plan to arrive at least 30 minutes before your run begins. Traffic is expected to be very heavy on the day of this event.

## Questions:

*When should I register?*

Online registration for the Geary Pathways to Fitness Challenge will begin in July. Check <http://manhattanrunningco.com/racecalendar> for more information. Individual Registration is \$5 thru Thursday, October 10<sup>th</sup>. On October 11<sup>th</sup> and on race day registration will be \$10.

In person registration will also take place on Thursday, October 10<sup>th</sup> at Junction City High School from 6 to 7 pm and on race day.

*Packet Pick-up:*

You may pick-up your packet on Thursday, October 10<sup>th</sup> from 6 – 7 pm or on race day starting at 6:30 a.m. at Al Simpler Stadium.

*My child's age group and distance heat is coming up soon, what should I do?*

Please listen to announcements at school or go to [livewellgearycounty.org](http://livewellgearycounty.org) to get updated information. Please listen to the announcements. Students will be organized by grade level and the distance they are running. We are going to group students into heats in the bleachers before leading them to the starting line.

*Where will the starting line be?*

The 2-mile race will start on the football field while the other races will start on the track. It depends on the distance that you are running.

*How will the route be marked?*

The course will also be marked and have volunteers to direct runners to keep everyone on the course.

*Where should I find my child after the race?*

The finish line is located in the west end zone of Al Simpler Stadium. It would be nice if you could meet your student in the bleachers of the stadium.

*Can parents run with their child?*

All participants will run in their age group options.

- Grade K-2 – Option to run ¼ mile or ½ mile. A 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grader may run with their parent in the community 2 mile race.
- Grade 3-5 – Option to run ½ mile or 1 mile
- Grade 6-8 – Option to run 1 mile or Community 2 mile run.
- High School – Community 2 mile run

*Where will results be posted?*

Results will be posted at [bluejayathletics.org](http://bluejayathletics.org) by Monday, October 14<sup>th</sup>.

*Where can information be found on race day?*

You can find information on [livewellgearycounty.org](http://livewellgearycounty.org). If inclement weather is in the area we will post updates.

**All finishers will receive a ribbon at the finish line. Top 3 in each age category receive a medal that will be presented at the end of each race.**