

. NEW YEAR'S .

resolution

5k RUN 10k

& 1 Mile Fun Run

New Year's Day, 2013 11:00am

Sikeston Recreational Complex, Sikeston, MO

5k & 10K Awards to Overall Male/Female & top 2 in each division! Chip Timing! Shirts! Music! Fun!
 Race Starts at the Sikeston Recreational Complex on Gehrig Street. Accurate, loop course is Flat & Fast.

New Division This year:



Men & Women compete together in the "Pump-N-Run" division. Get an additional head start on your 5k run, for each time that you successfully Bench-Press your own body weight. Go to www.SplitMasterTiming.com for details.

5k & 10K Divisions (separated by gender):
 19 & Under; 20-29; 30-30; 40-49; 50+
 ("Pump-N-Run" division for the 5k only)

Race-Day Registration & Packet Pick-up:
 race finish line, 10am-10:30am

Registration Fee:		
If Received by:	5k/10k/Pump-n-Run:	1 Mile:
12/1/12:	\$15	\$7
12/30/12:	\$20	\$7
Race Day:	\$25	\$10
Shirts to ALL participants registered by 12/8/12. Others receive shirts while supplies last.		

Online Registration, Event Details and Updates are available at:

www.SplitMasterTiming.com

Name (first/Last) _____ Age: _____ phone _____

e-mail _____ T-shirt: sm med lg xl sex: M F

City _____ State _____ 10k 5k 1 Mile Fun Run

For 5k Participants Only: Age Group Pump-N-Run

Pump-N-Run Participants Only: # of successful presses (of your body weight) _____ Personal Trainer Initials _____

\$ _____ registration fee (checks payable to: SplitMaster) Fees are nonrefundable & nontransferable.

Mail registration form & payment to: **SplitMaster**, 3579 State HWY H, Sikeston, MO 63801

I, on behalf of myself & my heirs, agree to hold harmless SplitMaster Timing and all affiliates for my health, safety, injury, disability, or death arising out of or resulting from participation in this event. I give permission for all photos and information to be used for any legitimate purposes.

Signature _____ Date _____