

41st Annual Tiblow Trot

Presented by the **Bonner Springs Rotary Club**

- A challenging 5-mile race
- 5K run/walk
- 2-mile fun walk

Schedule:

FRIDAY, AUGUST 23, 2019
Packet pick-up and pre-registration
6:00 – 7:30 PM
Second and Elm Street

SATURDAY, AUGUST 24, 2019
Packet pick-up and registration
6:00 – 6:30 AM
Second and Elm Street

Entry Fee: \$35.00 if received by August 17, 2019, \$40.00 by August 18 and \$45.00 race day. Kids 12 and under \$10.00 (with shirt or free without)

AWARD PRESENTATIONS:

Approximately 8:15AM

- T-shirt and medal for every participant
- Plaques given to 1st place finishers of each division
- Engraved medals given for 2nd and 3rd place of each division
- Drawing for prizes donated by the Bonner Springs merchants will follow the awards ceremony. All race finishers and walkers are eligible for the drawing

Last year's total entrants – 200

Divisions: Male and Female 29 and under, 30-39, 40-49, 50-59 60-69, 70 and over

Race begins promptly at 7:00 AM – at the clock tower in front of Alden-Harrington Funeral Home (214 Oak St, Bonner Springs, KS 66012). Rain or shine.

Name _____ Age _____ Sex _____ Shirt Size: XS S M L XL XXL 5 Mile Run
Address _____ City _____ 5K Run/Walk
State ____ Zip _____ Phone _____ E-mail _____ 2 Mile Fun Walk

Waiver of Liability: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the City of Bonner Springs, KS, Atmos Energy, Union Bank & Trust, Coleman Equipment Inc, Bodyworks Massage Therapy, Bonner Springs Price Chopper, Advance Awards & Recognition, Judy Cox and Robin Neal Linsco Private Ledger, Commercial Risk Associates, Reddi Services, Wall-Ties & Forms Inc., Pure Movement, Roberts Chevrolet Buick, Providence Medical Center, Providence Medical Group, SERC of Bonner Springs, Predator Termite & Pest Control, Bonner Springs Rotary Club, race officials and volunteers, their representatives, successors, and assigns for any and all injuries suffered by me in this event. I attest that I am physically fit, am aware of the dangers and precautions that must be taken when running in warm or humid conditions, and have sufficiently trained for the competition of this event. I also agree to abide by any decision of the appointed medical official relative to safely continue or complete the run. Further, I hereby grant full permission to the Bonner Springs Rotary Club and /or agents authorized by them to use any photographs or other record of this event for any legitimate purpose.

X _____ Date _____

Signature of participant, include parent or guardian if participant is under age 18. **Make checks payable to: Bonner Springs Rotary Club FOR INFO CONTACT: Bruce Coleman 913/422-3040 Mail to: Coleman Equipment, Inc. Attention: Bruce Coleman, Race Director, P.O. Box 456, Bonner Springs, KS 66012**

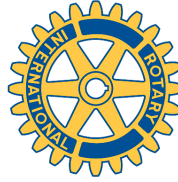
Online Registration: runsignup.com/Race/KS/BonnerSprings/TiblowTrot **Results posted on:** www.resultskc.com www.kctrack.org
www.mararunning.org .

THE BONNER
SPRINGS
ROTARY CLUB
PRESENTS
THE 41st ANNUAL
TIBLOW
TROT



SATURDAY, AUGUST 24,
2019
7:00 AM

RAIN OR SHINE
5 MILES, 5K
& 2 Mile Walk



Bruce Coleman, Director
TIBLOW TROT
P.O. Box 456
Bonner Springs, KS 66012

Important: High heat and humidity can be extremely dangerous and fatal to runners. Most victims of heat exhaustion and heat stroke are dehydrated prior to running. Therefore, observe the following precautions prior to running any race.

1. Make sure you are in top physical condition before running the race.
2. Drink plenty of liquids the week prior to the race.
3. Drink frequently during the run and slow down or stop if dizzy, chilled or if you stop sweating.

Tiblow Days: This race is being held in conjunction with the 2019 TIBLOW DAYS CELEBRATION. Participants and their families are encouraged to remain for other activities of the day.

Activities include: Parade at 9:30 AM, entertainment, flea market and games.

Race Proceeds:

Thank you for your participation. The proceeds of the race are used to support the Bonner Springs Rotary Club's scholarship program and the Rotary Foundation's Polio Plus. Rotary is a leader in the program to eradicate polio worldwide. Since 1985, Rotary and the World Health Organization have seen a 99 percent reduction in polio cases worldwide.