

The Grand Prize is awarded to the male and female accumulating the most points upon completion of the series. First runner-up for both male and female categories will receive awards as well. Anyone who participates in the entire series of 5K races will receive a certificate of recognition and will be registered for a special giveaway.

Points are awarded for each of the races and combined for a cumulative score. Grand Prize winners will be named during an award ceremony at Rough River Dam State Resort Park in Falls of Rough, KY.

Awards, T-shirts & Prizes
Awards for each race include an overall male and female winner, and 1st and 2nd place winners of each age division, male and female, including Masters (40-49) and Grand Masters (50 & up). Registration fees for each race include t-shirts that are guaranteed for those registered by the pre-registration deadline. T-shirts will be available to all those registering after the deadline, while supplies last.

Bring your whole family for a weekend getaway and enjoy our beautiful state parks.

E.P. "Tom" Sawyer State Park
Barren River Lake State Resort Park
Taylorville Lake State Park
Rough River Dam State Resort Park

Begin the series March 22 at Lake Cumberland State Resort Park in Jamestown. Continue the race series at the parks listed below.

Runners and walkers are invited to compete in a unique series of 5K runs featured at five Kentucky State Parks. Take this opportunity to participate in challenging courses with various park terrains. We encourage runners/walkers to participate in the entire series of races.

2014 Kentucky State Parks Race Series

10th ANNUAL KENTUCKY STATE PARKS RACE SERIES



KENTUCKY STATE PARKS RACE SERIES

A Series of 5K Races
March 22 • April 5 • May 10 • June 14 • July 12

2014



parks.ky.gov

In order to be eligible for series awards, participants must compete in all five races. Pre-registration for the series is required, but is available. If you do not pre-register for the series but wish to compete in the series, please check the box "Competing in the Series" on each race registration form before each race.

Men & Women Age Divisions	Points
15 & under	45-49
16-19	50-54
20-24	55-59
25-29	60-64
30-34	65-69
35-39	70 & over
40-44	

Place Finishes
Overall winner: 5 points
Grand Masters & Masters: 4 points
1st place (each age group): 4 points
2nd place (each age group): 3 points
3rd place (each age group): 2 points
Participants completing race: 1 point

Time Finishes	Points
18:00 & under: 10 points	26:01 to 28:00: 5 points
18:01 to 20:00: 9 points	28:01 to 30:00: 4 points
20:01 to 22:00: 8 points	30:01 to 32:00: 3 points
22:01 to 24:00: 7 points	32:01 to 34:00: 2 points
24:01 to 26:00: 6 points	34:01 & up: 1 point

The Point System
Points are awarded for each of the runs and combined for a cumulative score. Points are awarded for both male and female participants as follows.

FOUNDATION
KENTUCKY STATE PARKS
Donate to the Kentucky State Parks Foundation today. Just add your donation amount to your registration fee when making your payment. Your help is greatly appreciated!
Donation Amount: \$ _____
kentuckystateparksfoundation.org

For information on the entire Kentucky State Parks Race Series, contact Lisa Deavers at 502-564-4940 ext. 246, lisa.deavers@ky.gov or visit parks.ky.gov.

Magnum 5K
July 12, 2014
Rough River Dam State Resort Park
Pre-registration fee: Run \$20
Contact: Michael Ricks 270-257-2311
michael.ricks@ky.gov

Potomac Ridge 5K
June 14, 2014
Taylorville Lake State Park
Pre-registration fee: Run \$20
Contact: Eddie Moore 502-477-8713
eddie.moore@ky.gov

Spring Hunt 5K
May 10, 2014
Barren River Lake State Resort Park
Pre-registration fee: Run \$20
Contact: Jamie Avery 270-646-2151
jamie.avery@ky.gov

Goat Creek 5K
April 5, 2014
E.P. "Tom" Sawyer State Park
Pre-registration fee: Run \$20
Contact: Andrew Cronin 502-429-270
andrew.cronin@ky.gov

Shiloh Strait 5K
March 22, 2014
Lake Cumberland State Resort Park
Pre-registration fee: Run \$20
Contact: Robert Myers 270-343-3111
roberta.myers@ky.gov



Continue the Challenge
With Our Western
Kentucky State Parks
Race Series That Kicks Off
in August!

Run through the lake parks of Western Kentucky at Kenlake, Kentucky Dam Village, Lake Barkley, and Pennyrile Forrest State Resort Parks, as well as John James Audubon State Park in Henderson.

Look for details at parks.ky.gov.



Looking For a Family Adventure?

The Kentucky State Parks Family Adventure Quest is a digital photo scavenger hunt

that you complete at your own pace throughout the year. A \$15 registration fee gets you the following:

- Booklet of 28 Quests
- Commemorative Jute Tote Bag
- Keychain/Compass with Park Logo
- Kentucky State Parks Map & Guide
- Leave No Trace Informational Card

In 2014 we are celebrating parks' 90 anniversary as well as the 280th birthday of Daniel Boone, thus, most of the quests will be tied to park history and Boone's connection to parks. Search for places, find information and pose for photo ops with park features along your way to earning prizes. The more you complete, the more you win! Turn in just 10 completed quests and earn a lodge stay (Sun.-Thurs.) and museum passes for your team. Add to that a \$25 parks gift card for completing 20 quests, or a \$50 gift card for completing 25! Details and registration form at parks.ky.gov.

Join us in Celebrating 90 Years of
Kentucky State Parks!

Turkey Strut 5K
Lake Cumberland State Resort Park
March 22, 2014

Pre-registration Fee: \$20
fee if pre-registered by March 12, 2014

\$25 day of race

MAIL-IN OR REGISTER ONLINE AT PARKS.KY.GOV/RACE-SERIES

PLEASE PRINT CLEARLY

FIRST NAME LAST NAME

ADDRESS

CITY STATE ZIP

EMAIL ADDRESS

PHONE SEX AGE (DAY OF RACE)

S M L XL
T-SHIRT SIZE (CIRCLE ONE) COMPETING IN SERIES

RACE BEGINS AT 8:30AM CST

Mail completed form with payment & make payable to:
Lake Cumberland State Resort Park • Attn: Robert Myers
5465 State Park Rd. • Jamestown, KY 42629
Registrations must be postmarked by March 12, 2014.

Release of Responsibility: In consideration of my being accepted in the Turkey Strut 5k race, I intend to be legally bound, do hereby for myself, my heirs, executors, administrators, and assignees, waive and release forever any and all rights and claims for damages I may receive against all persons and agencies, namely Lake Cumberland State Resort Park and all contributing sponsors and assigns for any and all injuries suffered by me while traveling to and from and while participating in the Turkey Strut 5k race on Saturday, March 22, 2014 at the park. I hereby attest and verify that I am physically fit and have sufficiently trained for this competition and that my physical condition has been verified by a licensed medical doctor. I also agree to assign to the Turkey Strut 5K / Kentucky Department of Parks, or its assigns, the rights to use my image in recorded photographic images of the event without restriction and do hereby waive all rights to compensation for the same.

SIGNATURE DATE

IF UNDER EIGHTEEN (18) YEARS OF AGE, PARENT/GUARDIAN

SIGNATURE DATE

Possum Ridge 5K
Taylorsville Lake State Park
June 14, 2014

Pre-registration Fee: \$20 Run
fee if pre-registered by June 4, 2014

\$25 day of race

MAIL-IN OR REGISTER ONLINE AT PARKS.KY.GOV/RACE-SERIES

PLEASE PRINT CLEARLY

FIRST NAME LAST NAME

ADDRESS

CITY STATE ZIP

EMAIL ADDRESS

PHONE SEX AGE (DAY OF RACE)

S M L XL
T-SHIRT SIZE (CIRCLE ONE) COMPETING IN SERIES

RACE BEGINS AT 8:00AM EST

Mail completed form with payment & make payable to:
Taylorsville Lake State Park • Attn: Eddie Moore
PO Box 205 • Taylorsville, KY 40071-0205
Registrations must be postmarked by June 4, 2014.

Release of Responsibility: In consideration of my being accepted in the Possum Ridge 5k race, I intend to be legally bound, do hereby for myself, my heirs, executors, administrators, and assignees, waive and release forever any and all rights and claims for damages I may receive against all persons and agencies, namely Taylorsville Lake State Park and all contributing sponsors and assigns for any and all injuries suffered by me while traveling to and from and while participating in the Possum Ridge 5k race on Saturday, June 14th, 2014 at the park. I hereby attest and verify that I am physically fit and have sufficiently trained for this competition and that my physical condition has been verified by a licensed medical doctor. I also agree to assign to the Possum Ridge 5K Classic / Kentucky Department of Parks, or its assigns, the rights to use my image in recorded photographic images of the event without restriction and do hereby waive all rights to compensation for the same.

SIGNATURE DATE

IF UNDER EIGHTEEN (18) YEARS OF AGE, PARENT/GUARDIAN

SIGNATURE DATE

Goose Creek 5K
E.P. "Tom" Sawyer State Park
April 5, 2014

Pre-registration Fee: \$20
fee if pre-registered by March 26, 2014

\$25 day of race

MAIL-IN OR REGISTER ONLINE AT PARKS.KY.GOV/RACE-SERIES

PLEASE PRINT CLEARLY

FIRST NAME LAST NAME

ADDRESS

CITY STATE ZIP

EMAIL ADDRESS

PHONE SEX AGE (DAY OF RACE)

S M L XL
T-SHIRT SIZE (CIRCLE ONE) COMPETING IN SERIES

RACE BEGINS AT 9:00AM EST

Mail completed form with payment & make payable to:
E.P. "Tom" Sawyer State Park • Attn: Andy Cronin
3000 Freys Hill Rd. • Louisville, KY 40241
Registrations must be postmarked by March 26, 2014.

Release of Responsibility: In consideration of my being accepted in the Goose Creek 5k race, I intend to be legally bound, do hereby for myself, my heirs, executors, administrators, and assignees, waive and release forever any and all rights and claims for damages I may receive against all persons and agencies, namely E.P. "Tom" Sawyer State Park and all contributing sponsors and assigns for any and all injuries suffered by me while traveling to and from and while participating in the Goose Creek 5k race on Saturday, April 5, 2014 at the park. I hereby attest and verify that I am physically fit and have sufficiently trained for this competition and that my physical condition has been verified by a licensed medical doctor. I also agree to assign to the Goose Creek 5K / Kentucky Department of Parks, or its assigns, the rights to use my image in recorded photographic images of the event without restriction and do hereby waive all rights to compensation for the same.

SIGNATURE DATE

IF UNDER EIGHTEEN (18) YEARS OF AGE, PARENT/GUARDIAN

SIGNATURE DATE

Spring Hoot 5K
Barren River Lake State Resort Park
May 10, 2014

Pre-registration Fee: \$20 Run
fee if pre-registered by April 30, 2014

\$25 day of race

MAIL-IN OR REGISTER ONLINE AT PARKS.KY.GOV/RACE-SERIES

PLEASE PRINT CLEARLY

FIRST NAME LAST NAME

ADDRESS

CITY STATE ZIP

EMAIL ADDRESS

PHONE SEX AGE (DAY OF RACE)

S M L XL
T-SHIRT SIZE (CIRCLE ONE) COMPETING IN SERIES

RACE BEGINS AT 8:00AM EST

Mail completed form with payment & make payable to:
Barren River Lake State Resort Park • Attn: Jamie Avery
1149 State Park Road • Lucas, KY 42156-9709
Registrations must be postmarked by April 30, 2014.

Release of Responsibility: In consideration of my being accepted in the Spring Hoot 5K, I intend to be legally bound, do hereby for myself, my heirs, executors, administrators, and assignees, waive and release forever any and all rights and claims for damages I may receive against all persons and agencies, namely Barren River Lake State Resort Park and all contributing sponsors and assigns for any and all injuries suffered by me while traveling to and from and while participating in the Spring Hoot 5K on Saturday, April 30, 2014 at the park. I hereby attest and verify that I am physically fit and have sufficiently trained for this competition and that my physical condition has been verified by a licensed medical doctor. I also agree to assign to the Spring Hoot 5K / Kentucky Department of Parks, or its assigns, the rights to use my image in recorded photographic images of the event without restriction and do hereby waive all rights to compensation for the same.

SIGNATURE DATE

IF UNDER EIGHTEEN (18) YEARS OF AGE, PARENT/GUARDIAN

SIGNATURE DATE

Kentucky State Parks
Race Series - All Parks

\$85

fee if pre-registered by March 22, 2014

MAIL-IN OR REGISTER ONLINE AT PARKS.KY.GOV/RACE-SERIES

PLEASE PRINT CLEARLY

FIRST NAME LAST NAME

ADDRESS

CITY STATE ZIP

EMAIL ADDRESS

PHONE SEX

S M L XL
T-SHIRT SIZE (CIRCLE ONE)

AGE (day of Turkey Strut) AGE (day of Spring Hoot) AGE (day of Possum Ridge) AGE (day of Magnolia) AGE (day of Goose Creek)

Mail completed form with payment to:
KY State Parks Race Series • Attn: Lisa Deavers
500 Mero Street, 10th Floor • Frankfort, KY 40601-1974
Registrations must be postmarked by March 22, 2014.

Release of Responsibility: In consideration of my being accepted in the Western Kentucky State Parks Race Series, I intend to be legally bound, do hereby for myself, my heirs, executors, administrators, and assignees, waive and release forever any and all rights and claims for damages I may receive against all persons and agencies, namely KY State Parks and all contributing sponsors and assigns for any and all injuries suffered by me while traveling to and from and while participating in the Western Kentucky State Parks Race Series on March 22, April 5, May 10, June 14, and July 12, 2014 at the parks. I hereby attest and verify that I am physically fit and have sufficiently trained for this competition and that my physical condition has been verified by a licensed medical doctor. I also agree to assign to the Kentucky State Parks Race Series for all races which are named here: Goose Creek 5K, Spring Hoot 5K, Possum Ridge 5K, Magnolia 5K, Turkey Strut 5K, Kentucky Department of Parks, or its assigns, the rights to use my image in recorded photographic images of the event without restriction and do hereby waive all rights to compensation for the same.

SIGNATURE DATE

IF UNDER EIGHTEEN (18) YEARS OF AGE, PARENT/GUARDIAN

SIGNATURE DATE