

9TH ANNUAL KENTUCKY STATE PARKS RACE SERIES

A SERIES OF 5K RACES/FUN WALKS



KENTUCKY
STATE PARKS

RACE SERIES

2013 SCHEDULE

April 20 • May 11 • June 8 • July 13 • Aug 3



KENTUCKY STATE PARKS
"the nation's finest"

www.parks.ky.gov/race-series

2013 Kentucky State Parks Race Series

Register online: www.parks.ky.gov/race-series

Runners and walkers are invited to compete in a unique series of 5k runs/fun walks 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. See information for Fun Walk on back of brochure.

Begin the series April 20th at E.P. "Tom" Sawyer State Park in Louisville. Continue the race series at the parks listed below.

Barren River Lake State Resort Park
Taylorsville Lake State Park
Rough River Dam State Resort Park
Lake Cumberland State Resort Park

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

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. Awards for Masters (40 - 49) and Grand Masters (50 & up) will also be given. Registration fees for each race include t-shirts that are guaranteed for pre-registered runners. Day of race registrations will be available while supplies last.

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 Lake Cumberland State Resort Park in Jamestown, KY.

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. Race series awards include State Park gift cards and lodging certificates. Anyone who participates in the entire series of 5k races will receive a certificate of recognition and will be registered for a special giveaway.

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.

Time Finishes

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

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

Men & Women Age Divisions

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	

In order to be eligible for series awards, runners must compete in all five races. Pre-registration for the series is not 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.

Runners who have a birthday during the series that requires them to change age groups will be competing for awards in the age group they finish the series in.

Be sure to complete and mail the pre-registration forms for the Kentucky State Parks Race Series today or register online at parks.ky.gov/race-series!

April 20, 2013

Goose Creek 5k
E.P. "Tom" Sawyer State Park
Pre-registration fee: Run \$20/Walk \$15
Contact: Andy Cronin 502-429-7270
andrew.cronin@ky.gov

May 11, 2013

Spring Hoot 5k
Barren River Lake State Resort Park
Pre-registration fee: Run \$20/Walk \$15
Contact: Jamie Avery 270-646-2151
jamie.avery@ky.gov

June 8, 2013

Possum Ridge 5k
Taylorsville Lake State Park
Pre-registration fee: Run \$20/Walk \$15
Contact: Eddie Moore 502-477-8713
eddie.moore@ky.gov

July 13, 2013

Magnolia 5k
Rough River Dam State Resort Park
Pre-registration fee: Run \$20/Walk \$15
Contact: Geoffrey Roberts 270-257-2311
geoffrey.roberts@ky.gov

Aug 3, 2013

Turkey Strut 5k
Lake Cumberland State Resort Park
Pre-registration fee: Run \$20/Walk \$15
Contact: Robert Myers 270-343-3111
roberta.myers@ky.gov

For information on the entire Kentucky State Parks Race Series, contact Shawn Pickens at 502-564-4940 ext. 247, shawn.pickens@ky.gov or visit parks.ky.gov/race-series.

KENTUCKY STATE PARKS

FOUNDATION

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

KENTUCKY STATE PARKS RACE SERIES

5K "GET FIT" WALK!



www.parks.ky.gov/race-series

Don't feel like running? How about walking? The Kentucky State Parks Race Series welcomes you to join our fun "Get Fit" walk! Help make Kentucky and yourself healthier. Please check the appropriate box labeled "walk" on the registration form of the race of your choice. If you decide to walk at each of the races, fill in the "Kentucky State Parks Race Series" registration section and mark the box labeled "Walk".

Participants in the fun walks will be eligible for door prizes and will receive a race t-shirt and certificate of participation. T-shirts are guaranteed for pre-registered walkers and are available for day of race registrants as supplies last. Refreshments are also available for walkers. Strollers, children of all ages and pets on a leash are all welcome! Kentucky State Parks offers some of the best scenery Kentucky has to offer! So let's "Get Fit" and moving this spring and summer in our beautiful state parks!

Registration Fees:

Pre-registration:	\$15
Day of Race:	\$20
Entire Series:	\$60

(BEFORE APRIL 12, 2013)



parks.ky.gov/race-series