

SUPER QUIK
PO BOX 938
FLATWOODS, KY 41139

The 16th Annual Super Quik 5K Race

Saturday, June 18, 2011

Pre-race & post-race activities will be held in the Flatwoods City Building parking lot area. Parking is available in city building parking lot.

Schedule of Events:

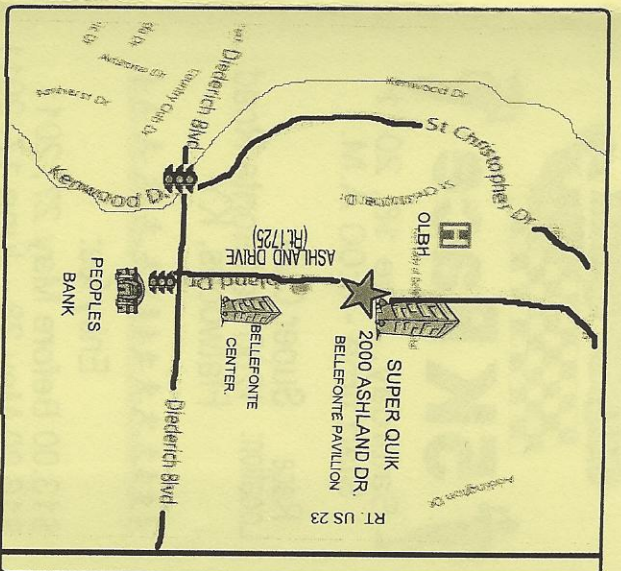
FRIDAY, JUNE 17, 2011
5:00-6:30 pm - Pre-registration

Packet pick-up will be at the Super Quik Corporate Office located at Bellefonte Pavilion, 2000 Ashland Drive (see map on other page).

SATURDAY, JUNE 18, 2011
8:00 AM
RACE START TIME

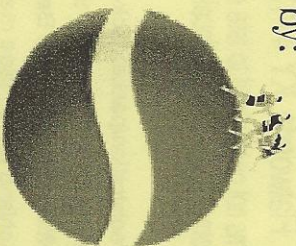
SATURDAY, JUNE 18, 2011
"KIDS FUN RUN"
7:45 AM START TIME
FREE!
NO registration necessary

Awards Ceremony will be immediately following the race in the Flatwoods City Bldg. parking lot.



Map to Super Quik Corporate Office where pre-registration pick up will be held.

Sponsored by:



Building Your Future
On Our History Of Success





5K Race

Saturday, June 18, 2011
Start time - 8:00 A.M.

Race: Super Quik
Location: 1200 Bellefonte Road
Flatwoods, KY



Entry fee:

\$13.00 Before May 27, 2011
\$16.00 May 28 - June 17, 2011
\$20.00 Race Day

Make checks payable to Super Quik

Mail To: Super Quik 5K
P.O. Box 938
Flatwoods, KY 41139

Premiums not guaranteed to late entries.
Proceeds from this race used for local education.

Late registration/packet pick-up will be
Fri, June 17 @ 5:00-6:30 pm at the Super Quik
Corporate Offices located in the Bellefonte Pavilion
2000 Ashland Drive. (see map on front).

On Race Day packet pick-up and registration is
@ 7:00-7:50 am in the center
adjacent to the Flatwoods Super Quik Store,
1200 Bellefonte Road.

For more information call 606-836-9641

Course: Rolling hills with one cone turn.

Awards: Top three overall male and female.

Top three male and female in each age category.
No duplication of awards.

Goodie Bag: Best goodie bag know to man! Every
runner will receive a moisture-wicking shirt. These shirts
are form fitting. Please order appropriate size.

Race Results: Computerized race results provided by
USATF-certified officials. All race results will be posted on
www.superquik.net and www.tristateracer.com.
Last year: The Super Quik 5K attracted 267 entries.

Previous Winners:



YEAR	MALE	FEMALE
1996	Phillip Caudill	Eisie Salmons
1997	Chris Smith	Sue McGhie
1998	Chuck Cantrell	Sarah Dill
1999	Dave Kannewurf	Velda Swecker
2000	Brandon Hammond	Tomiko Williams
2001	John Williams	Tomiko Williams
2002	Ron Duncan	Tomiko Williams
2003	Ron Duncan	Kelsey Grizzle
2004	Ron Duncan	Sarah Sturgill
2005	Ron Duncan	Kylie Lemons
2006	Ron Duncan	Sarah Appleton
2007	Eric Putnam	Sarah Appleton
2008	Ron Duncan	Sarah Appleton
2009	Tanner Alexander	Mandy Musick
2010	Ron Duncan	Katie Coldiron

Course Record - 15:11 Eric Putnam, 2007

Average Weather: 72 degrees, clear

Entry Form

Name _____

Age _____ Gender: M F Phone: _____

Address _____

City _____ St. _____ Zip _____

Category (circle one):

14-under	35-39	60-64
15-19	40-44	65-69
20-24	45-49	70-74
25-29	50-54	75 and over
30-34	55-59	Wheelchair

Amount Enclosed: _____

Shirt Size: S M L XL

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter a run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including, but not limited to, falls, contact with other participants, the effects of weather (including high heat or humidity), traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waiver and release Super Quik Inc., race officials, volunteers and all sponsors, their representatives and successors from all claims to liabilities of any kind arising out of my participation in this event.

Signature _____ Date _____

Parent's Signature for minor _____

