



**Saturday, June 22, 2019**  
**Start time - 8:00 A.M.**



**Entry fee: \$16.00 - Before May 16, 2019**  
**\$20.00 - May 17 - June 21, 2019**  
**\$25.00 - 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 race used for local education.

Late registration/packet pick-up will be  
 Friday, June 21 @ 4:00 - 6:30 pm at the  
 Flatwoods Senior Citizen Building.

Race Day pick-up and registration will be  
 at 7:00 - 7:50 am in the  
 Flatwoods Senior Citizen Building.

**KIDS FUN RUN: 7:45 START TIME**  
**FREE TO PARTICIPATE**  
**NO REGISTRATION NECESSARY**

For more information call 606-393-3247

**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 known 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 USA TF-certified officials. All race results will be posted on [www.superquik.net](http://www.superquik.net) and [www.tristateracer.com](http://www.tristateracer.com)  
**Last year:** The Super Quik 5K attracted 193 entries.

**Previous Winners:**

YEAR	MALE	FEMALE
1996	Phillip Caudill	Elsie 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
2011	Jon Renneker	Mandy Musick
2012	Bradley Cherry	Velda Balmer
2013	Aaron Stevens	Missy Taylor
2014	Bradley Cherry	Velda Balmer
2015	Joshua Riley	Kara Coldiron
2016	Josh Holley	Kara Coldiron
2017	Corey Culburtson	Missy Moore
2018	Josh Holley	Missy Moore
Course Record - 15:11 Eric Putnam, 2007		

**Average Weather: 72 degrees, clear**

**Entry Form**

Name \_\_\_\_\_

Age \_\_\_\_\_ Gender: M F Phone: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Email: \_\_\_\_\_

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	75-79
30-34	55-59	80 & over

Wheelchair

Amount Enclosed: \_\_\_\_\_

Shirt Size: Y L S M L XL XXL

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, waive 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

