



Superhero Stride

**12th Annual Zonta 5K Run/Walk
Saturday, October 26, 2019**

Memorial Park, 111 Memorial Dr., Jefferson City, MO 65109

Zonta's 12th annual 5K will raise funds to support the Zonta International Foundation. The Foundation supports programs that make a difference in the lives of women in more than 57 countries - from efforts to reduce the risk of HIV/AIDS through health education and prevention of mother-to-child transmission programs to increasing access to educational opportunities and vocational skills training for girls and young women.

Awards will be presented to the 1st place male and female overall runner, the 1st place male and female overall walker, and 1st, 2nd and 3rd place male and female walker and runner in each age division.

Register online at <https://bit.ly/2XRakfy> | For more information, visit www.zontajcmo.org

- Pre-Registration - \$25.00*
- Registration (day of) - \$30.00
- JCRR Member - \$20.00
- Team of 5 - \$100.00
- T-shirt only - \$20.00*

Check-in for race is at 7:30 am and the race starts at 8:30 am.
*Registrations must be received By Oct. 7 to guarantee a t-shirt.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Age _____ Gender _____ Runner Walker

Shirt Size _____ Adult Youth

Team Name _____

Prizes for individual and group costumes!

**Make Checks payable to: Zonta Club of Jefferson City Foundation,
1030 Westwood Dr., Jefferson City, MO 65109**

Release: In the consideration of the acceptance of entry, I, for myself, my administrators, executors, and assignees, do hereby release, and discharge Zonta and all other sponsors, for all claims of damages, demands, and actions, whatsoever arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and trained for this event.

Signature _____

Parent Signature _____

Date _____

- Age Divisions:**
Men and Women
- 12 & under
 - 13-18
 - 19-29
 - 30-39
 - 40-49
 - 50-59
 - 60+

ENVISION A WORLD

where no woman lives in fear of violence