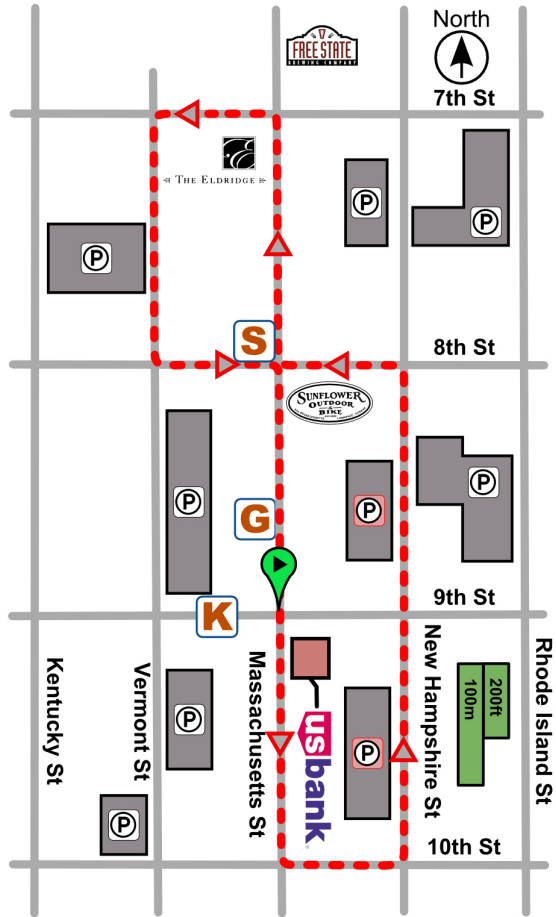


Course Map



Downtown Lawrence, KS

Sponsors



KC Running Company
3879 W. 95th St.
Leawood, KS 66206



DOWNTOWN LAWRENCE
Massachusetts Street

1 MILE RUN/WALK

Sunday, July 3, 2011

Register online at
www.MassStreetMile.com



Race Information

1 MILE RACE...the premier event in running. History was made and the mile became legendary when Sir Roger Banister broke the 4 minute mile on May 6, 1954. So, whether you are a 4-minute miler or an 18-minute miler lace up your shoes and come out to the MASS STREET MILE and have a great day with the family. Participate in the run then stay after to see the Tour of Lawrence.

Participants will enjoy a certified 1 mile course that will be divided into three heats. All participants (except Kids) will receive a great MASS STREET MILE official t-shirt, great 1 mile course, and chip timing.

After the MSM stay Downtown for the Tour of Lawrence. For more information visit www.tourolawrence.com

Registration and Packet Pick Up:

Register online - www.MassStreetMile.com

	June 6	June 7 - July 2	Race day
18 and under	\$15	\$18	\$20
Open Male/Female	\$18	\$20	\$25

MASS STREET MILE Kids Run - FREE - but, you still need to fill out a registration form and sign waiver.

Pick up packets or register at Garry Gribble's Running Sports in Lawrence, 839 Massachusetts St:

Saturday, July 2: Noon -5 pm

Race morning at Garry Gribble's Running Sports:

Sunday, July 3: Starting at 8 am, everyone must be registered and have packets picked up 30 minutes before your scheduled race.

Race Schedule

Schedule of Heats:

- 9:30 am - **18 and under (boys and girls run together)**
Under 9*, 10-12, 13-15, 16-18
- 9:50 am - **Men's Open (all age groups run together)**
19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+
- 10:20 am - **Women's Open (all age groups run together)**
19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+
- 10:40 am - **Mass Street Kids Run** - All runners will get an official bib number. Children will need to register but this is a free event. No shirts will be given to the kids. The Kids Race will be age appropriate distances from 50 yards up to 200 yards. All kids will get an award!!

Kids Run Heats: Under 4, 5-6, 7-8, 9-10

*Kids who register for the full mile in the 18 and under category will receive a t-shirt.

After the Mass Street Mile, kids are encouraged to stay for the Tour of Lawrence Kids' Bicycle Race at 11 a.m. Register online and get more details at www.tourolawrence.com.

Awards

Top Overall - Male and Female & Masters Male and Female

Individual Awards - awards will be given to the top three finishers in each age division listed above for under 18, and open male and female participants.

Results will be posted at - www.kcrunningcompany.com and www.runlawrence.org

No refunds will be given if the event is called off due to inclement weather

The Mass Street Mile is managed by the KC Running Company

Registration Form

Please make copies of this form - one per participant please

Name_____

Address_____

City/ST/Zip_____ Phone_____

Email_____

Circle one:

male female age_____ shirt size: YM YL S M L XL XXL

Kids' Race age_____

	June 6	June 7 - July 2	Race day
18 and under	\$15	\$18	\$20
Open Male/Female	\$18	\$20	\$25
Kids Run (No t-shirts for Kids Run)	Free	Free	Free

Total enclosed \$_____

Waiver: As an entrant in the Mass Street Mile, I assume complete responsibility for injury to me or damage to property which may occur during the event or while I am on the premises of the event. I hereby release and hold the City of Lawrence Kansas, Lawrence Convention & Visitors Bureau, KC Running Company, volunteers, sponsors and all other persons or groups associated with the event from any and all liability associated with this event or otherwise. I grant permission for any and all of the forgoing to use any photographs, videotapes or recordings or any other record of this event for any purpose whatsoever.

Signature_____ Date_____

MAKE CHECKS PAYABLE TO AND MAIL COMPLETED ENTRY FORM TO:

KC Running Company
3879 W. 95th St.
Leawood, KS 66206

E-mail: troy@kcrunningcompany.com