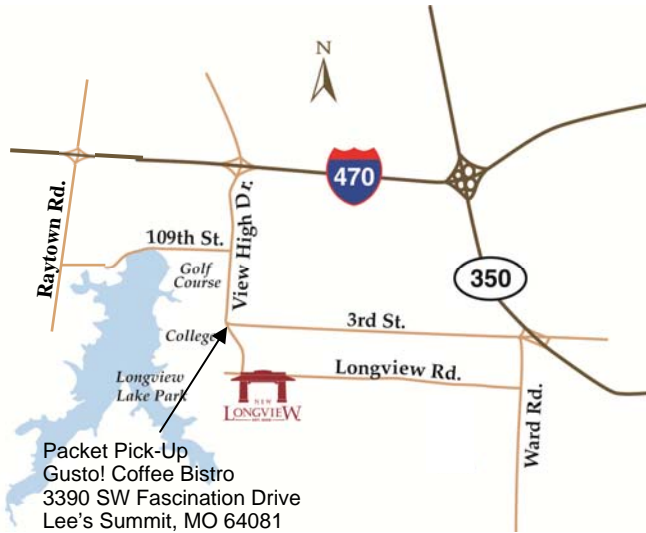


Ready. Set. Race!

Sponsors



Race course map available
at fofunwalk.com

Proceeds benefit



fofunwalk.com



Flights of Fancy
5K - 8K - 1.5 Mile
Run/Walk

Saturday
April 20, 2013
9am Start Time

Historic
New Longview
Lee's Summit, MO

USATF CERTIFIED RUN

Welcome to the Flights of Fancy Run/Walk

Be part of the first Flights of Fancy Run/Walk. As a prelude to one of the largest kite festivals in the country, this 5K, 8K and 1.5 mile run/walk will travel along the beautiful vistas of Longview Lake Park and historic Longview Farm. Finish the race across from MCC-Longview College just as the colorful kites rise into the sky and you enjoy refreshments and the awards ceremony.

Make it a family day and experience the thrilling Flights of Fancy Kite Festival after the race!



The Course

The scenic course starts south of 3rd Street, runs down the valley ridge of Longview Road, through the forest of Longview Lake Park with a gorgeous view of the lake at the turn. It then circles through R.A. Long's country



estate, in front of the mansion on Longview Park Drive, and returns north to the Finish.

Age Categories

Age Categories are honored three-deep in the following:

Up to 14	35-39	60-64
15-19	40-44	65-69
20-24	45-49	70-79
25-29	50-54	80+
30-34	55-59	

Race Prizes

Overall fastest men's and women's 5K and 8K.

1st - \$100 2nd - \$75 3rd - \$50

Race Results

The Flights of Fancy Run/Walk will be chip-timed. Race results will be posted at fofrunwalk.com.

Photographs

Photographs of all runners will be available online within 24 hours, and download is FREE at SeeKCRun.com.

Packet Pick-Up

Thursday, April 18 & Friday, April 19
4pm - 7pm
Gusto! Coffee Bistro
3390 SW Fascination Drive
Lee's Summit, MO

Saturday, April 20 (Race Day)
7:30am - 8:30am
Gusto! Coffee Bistro
3390 SW Fascination Drive
Lee's Summit, MO

Sleep Walker

Would you like to show support for our beneficiaries and be able to sleep in on April 20? Sign up to be a "sleep walker" and you will receive a race t-shirt to celebrate the event.

No pets on the race course please.

Race Registration

Online registration available at fofrunwalk.com until 5pm, April 19.

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____ Email _____

DOB ____/____/____ Age on Race Day ____

Gender: Male Female

5K Runner 8K Runner

1.5 Mile Walker Sleep Walker

Runner **Tech** Shirt Size (circle one):

XS S M L XL XXL

Walker/Sleep Walker T-shirt Size (circle one):

S M L XL XXL

5K / 8K Runner: \$25 April 10 · \$30 Race Day

1.5 Mile Walker: \$20 April 10 · \$25 Race Day

Sleep Walker: \$25

Amount Enclosed : \$ _____

Release and Waiver: I know that running a road course is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with my voluntary participation in this event including, but not limited to heat and/or humidity, traffic and the condition of the road, all such risks being known or appreciated by me. Knowing these facts, and in consideration of you accepting my entry, I for myself, my heirs, executors, administrators and anyone else who might claim on my behalf, covenant not to sue and WAIVE, RELEASE AND DISCHARGE race sponsors, race workers or volunteers, their representatives successors or assigns for ANY AND ALL claims of liability, whether unforeseen, for death, personal injury or property damage arising out of, or in the course of my participation in this event. The race director reserves the right to cancel the race in case of emergency.

Participant Signature _____ Date _____

(If under 18 parent's signature required)

**Register online at fofrunwalk.com
prior to 5pm, April 19**

OR

Mail payment & registration before April 10 to:

New Longview Foundation
400 SW Longview Blvd., Suite 210
Lee's Summit, MO 64081

Registration Fee is Nonrefundable