

Registration Info

Register online at:
<https://www.raceentry.com/races/post-rock-classic-/2018/register>

OR

Fill out and return the entry form along with a check or money order, entry fee is non-refundable.

Short Sleeve T-Shirt Included With Advanced Registration

(Shirt size can only be guaranteed with Entry submitted before event date. When registering after August 26th, shirts are not guaranteed)

\$25.00 Entry fee before August 26th

\$30.00 Entry Fee on September 1st

No entry fee is required for the Kids Runs

Awards

Awards will be give for the top overall 5K male and female, the top 3 male and female finishers in each age group of the 5K, and the first 3 male and female finishers in the walk. Ribbons will be awarded to finishers in the kids runs.

General Information

Registration will be at City Hall in downtown Lincoln. All events will start and finish near City Hall. There will be water stations at the start and at the halfway point in the 5K. Splits will be read at the 1 & 2 mile marks in the 5K run. Showers will be available at the Lincoln City Pool. The course has been digitally measured.

Race Director

Jessica Clay
785-524-6015
lincolnrec@gmail.com

Race Day: Saturday September 1st

Starting Times

6:45-8:00 AM	Registration
7:15AM	Two Mile Walk Start
8:00AM	5K Run Start
9:00AM	Kids Runs
9:15AM	Awards Ceremony

Age Brackets

Female/Male
13 & Under
14-18
19-29
30-39
40-49
50-59
60+
Clydesdales (200+ lbs)

5K Course Records

Male	Kendrick Clay- Hastings, NE	15:52	1996
Female	Jenna Farris-Lincoln, KS	19:00	2010

5K Age Class Records

0-14M	James Farris-Lincoln, KS	18:33	2005
15-19M	Cassidy Smith- Wilson, KS	16:55	2000
20-29M	Kendrick Clay-Hastings, NE	15:52	1996
30-39M	Patrick Younger-Ness City, KS	16:43	2014
40-49M	Phil Sheridan- Ellsworth, KS	17:26	1997
50-59M	Mike White-Salina, KS	18:08	2005
60-69M	Joe Wagenblast-Alma, KS	21:01	2012
70-79M	James Hague-Abilene, KS	26:33	2006
80-89M	Darwin Michaud-Salina, KS	33:51	2008
Clydes.	Dan Nagel- Beloit, KS	18:43	1996

0-14F	Erin Mortimer-Manhattan, KS	19:57	1997
15-19F	Jenna Farris- Lincoln, KS	19:00	2010
20-29F	Kelley Johnson-Kansas, City, MO	19:31	2008
30-39F	Kim Morton-Salina, KS	19:40	1995
40-49F	Renee Mason-Beloit, KS	21:42	2008
50-59F	Carol Duerksen-Lindsborg, KS	23:40	1999
60-69F	Agnes McGilvray-Salina, KS	30:16	1993

Registration Form

(Please Print)

First Name Last Name

Address

City

State

Zip Code

Phone Number

E-mail Address

Age Male Female

Walk Run Clydes.

Short Sleeve T-Shirt

Adult SM MED LG
XL XXL

I for myself, my executors and administrators do hereby release and discharge The Bank of Tes-cott, Citizens State Bank, Lincoln Recreation Commission, and the meet officials and directors from all claims of damages, demands, actions, and causes of actions whatsoever, in any manner arising or growing out of my participation in said race. I certify that I have prepared myself for this event, and I am in adequate physical condition to compete in this event.

Signature: Runner or Walker

Signature: parent or guardian if under 18

Make checks payable to:
Lincoln Recreation Department

Entry Fee

\$25.00 Entry fee before August 26th
\$30.00 Entry Fee on September 1st

Register online at:

<https://www.raceentry.com/races/post-rock-classic-/2018/register>

Maps of the route can be found on our website: www.lincolnrec.org/post-rock-classic

Mail to:

Lincoln Recreation Commission
P.O. BOX 155
Lincoln, KS 67455

Lincoln Recreation Department
213 W Lincoln Ave
P.O. BOX 155
Lincoln, KS 67455



The 29th Annual Post Rock Classic

2018 5K Run & 2 Mile Walk

Kids Runs
(2018-2019 School Year)

100 yd– Kindergarten & Under
Down the Block– 1, 2 and 3 graders
Around the Block– 4, 5, and 6 graders

Saturday, September 1st

Sponsored by:
Citizens State Bank & Trust Company
The Bank of Tescott
Lincoln Recreation Department

**Come for the Run....
Stay for the Fun!**