

www.kansasheartandsole.com



Kansas Heart & Sole



@kansasheartsole

A Running Tradition

In its 38th year, the Kansas Heart & Sole Classic is a local tradition. This race welcomes determined runners, enthusiastic walkers, and hundreds of young people who participate through school running programs. A portion of the proceeds will be donated to Special Olympics Kansas and Project1020

Special Olympics
Kansas



RACE DAY EVENTS

6:00 - 7:30 am	Registration and Packet Pickup
7:45 am	Tot Trot
8:00 am	5K Run/Walk and 10K Run Start

ABOUT OLATHE RUNNING CLUB

The Olathe Running Club was founded in 1980 with a passion for promoting fitness and having fun locally. The club offers programs for all skill sets, from fitness walkers to competitive marathoners and beyond, drawing runners from all across Johnson County.

Our activities include weekly group runs/walks, quarterly meetings, fun competitive challenges, group trips, cleaning our adopted street, volunteering at local races, and an annual awards party. Best of all, we are great friends who support and motivate each other.

The Olathe Running Club is affiliated with Road Runners Club of America. For more information about club activities and membership, visit our website at www.olatherunningclub.com.

Thanks to all of our sponsors!

This event would not be possible without the support of the local businesses listed on our website at www.kansasheartandsole.com.



38th Annual

Kansas Heart & Sole Classic
5K Run/Walk & 10K Run

Saturday, May 4, 2019 at 8 a.m.



10K is part of the **2019 RACE KC SERIES** sponsored by the Kansas City Track Club



10K is part of the **Run Olathe Challenge** sponsored by the Olathe Chamber of Commerce



Olathe Running Club

PO Box 2301

Olathe, KS 66051

POSTAGE
MARK

RACE INFORMATION

REGISTRATION

ONLINE:

At www.kansasheartandsole.com through May 1, 2019.

BY MAIL:

Make checks payable to **Olathe Running Club**. Mail completed form, signed release, and check to:

Olathe Running Club
PO Box 2301
Olathe, KS 66051

IN PERSON:

Registration will be available at Packet Pickup.

Questions: Email khsraceinfo@gmail.com

PACKET PICKUP

Race bibs and shirts will be available on the east side of the Johnson County Square in downtown Olathe in the lobby of the Park Cherry Office Building at 100 E. Park Street.

Friday, May 3	12:00 pm - 6:00 pm
Saturday, May 4	6:00 am - 7:30 am
(Race Day)	

CHIP TIMING

Chip timing provided by RaceDay Timing Solutions. All participants will be issued a bib with an electronic chip to be used for timing. No other timing chip may be worn.

RUNNER PROTECTION & MEDICAL

This is not a closed course. To ensure your safety, the Olathe Police Department and course monitors will direct traffic and provide assistance along the route. Runners will be directed to the appropriate side of the street to allow necessary passing of vehicles and 10K runners completing the second loop. Roller skates, roller blades, motorized vehicles and animals are NOT allowed on the course, and use of headphones is strongly discouraged.

COURSE MAP

The race course is located in downtown Olathe, just south of Santa Fe Street and one mile east of Highway 7. The Run/Walk will start and finish near the intersection of Park and Cherry streets on the east side of the Johnson County Square behind the courthouse. Both 5K and 10K courses are USATF certified.



AWARDS

- ◆ First place overall — 5K & 10K for Male & Female
- ◆ First place overall — 5K & 10K for Male & Female Masters
- ◆ Top 3 Age Division finishers — 5K & 10K for Male & Female

Age Divisions		
7 and Under *	25-29	50-54
8-10 *	30-34	55-59
11-14	35-39	60-64
15-19	40-44	65-69
20-24	45-49	70 and Up
	(Masters = 40+)	

* 5K only

Top finishers will receive their awards on race day.

ENTRY FORM

ONE PERSON PER FORM

Entry fee must accompany completed form and is non-refundable. Please make checks payable to **Olathe Running Club**. For more entry forms visit our website at www.kansasheartandsole.com.

FIRST NAME / LAST NAME (please print)

ADDRESS

CITY STATE ZIP

EMAIL

GENDER: Male Female

PHONE NUMBER

DATE OF BIRTH: Month / Day/ Year AGE on race day

EMERGENCY CONTACT NAME PHONE NUMBER

EVENT

5K Run/Walk
 10K Run
 Tot Trot

SHIRT

S L
 M XL
 XXL

For 5K and 10K only

REGISTRATION FEES

\$25 (up to March 31)
 \$30 (April 1 - May 3)
 \$35 (Race Day)
 Free Tot Trot
 \$ []
Donation to Specified Charity

SIGNATURE

DATE

IF UNDER 18, Parent/Guardian Signs

DATE

WAIVER OF LIABILITY: In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against the sponsors, coordinating groups, and any individuals associated with the event, their representatives, successors, and assigns for any and all injuries suffered by me in connection with said event. I hereby release the City of Olathe and Johnson County, Kansas from any and all claims, damages, liabilities and demands whatsoever (including attorneys' fees and costs) which I now have, have ever had, or may have, or which my heirs, executors, administrators, successors or assigns may have, arising out of the event or my participation therein. I have been warned I must be in good health to participate in this event. In filling out this form, I acknowledge that I am an amateur in such event. I also give permission for the free use of my name and picture in any broadcast, telecast or print media account of this event. In filling out this form, I acknowledge that I have read and fully understand my own liability and do accept the restrictions.

Only the Kansas Heart & Sole Classic, Olathe Running Club, and RaceDay Timing Solutions use information on this form. It will not be given out for any other purpose; it will be kept confidential.