

King of the Hill 5K Road Race

General Information

SCHEDULE:

- Sept 10: Last day for guaranteed team inclusion
- Sept 10: Last day for mailed entry forms to be postmarked
- Sept 16: Race Day
- 4:30–6 p.m. Race kit and race day entry registration
- 6:30 p.m. Race begins – Rain or shine
- 7:00–8 p.m. Post race celebration and awards ceremony

COURSE:

- USATF certified scenic course through Berkshire Corporate Park
- View course map at www.KingofTheHill5K.org
- Please note the course is run through private property with speed bumps

REGISTRATION:

- Entry fee: \$25
- Children under 12: \$15
- There are two options for **registering online** at www.KingofTheHill5K.org:
 1. As a Fundraising Participant
 2. As an individual runner (non-fundraising)
- To **register by mail**, fill out the entry form attached and mail, along with a check (made payable to The United Way) for the race entry fee to:
United Way of Western Connecticut
85 West Street
Danbury, CT 06810
Attn: King of the Hill 5K
- All mailed entry forms must be accompanied by the race entry fee (non-refundable) in the form of a check
- T-shirts and race kits given to first 450 paid applicants
- If you are part of a team, please contact your team captain to register

Race Day Registration & Race Kit Pickup:

- Race day registration and race kit pickup is at Berkshire Corporate Park
- Checks and cash will be accepted for race day entries
- All race kits must be picked up on race day
- Each individual is responsible for picking up race kit

Walker's Category:

- The Walker's Category will begin at 6:30p.m.
- Entry forms, along with race entry fees, must be complete and each race waiver signed.

CORPORATE TEAM CHALLENGE COMPETITION:

Qualification and Procedures

- Entry forms, along with race entry fees must be complete and each race waiver signed
- Entry forms received by September 10 are guaranteed inclusion in team scoring
- Teams must have at least three members. Companies may enter an unlimited number of teams and participants
- All team entries should be sent together with a team roster for each team
- Team rosters must include the names of all team members, the team captain's address and all team members' day phone numbers
- Mixed teams compete in the Mixed Open category
- The exchange of race bibs is not permitted

TEAM SCORING:

- Teams can be of unlimited size – the three fastest runners determine cumulative time.
- Awards given to the top three teams in the following for divisions: Team Mixed, Men's Open, Women's Open, Men's Masters, Women's Masters (all masters participants are 40 and older).

INDIVIDUAL AWARDS:

- Top Male & Female Overall
- Given to the top three men and women in each age division (1-10, 11-13, 14-18, 19-29, 30-39, 40-49, 50-59, 60+)
- All children, 10 and under, will receive an award

DIRECTIONS:

From the East:

Follow I-84 East and get off at Exit 7 (left exit) onto Rte. 7N. Take the first exit (Exit 11/Federal Rd). At the bottom of the ramp, turn right and stay in the right lane. At the next light, turn right into Berkshire Corporate Park. The GE Capital parking lot is the first right.

From the West:

Follow I-84 West and get off at Exit 7 onto Rte. 7N. Take the first exit (Exit 11/Federal Rd). At the bottom of the ramp, turn right and stay in the right lane. At the next light, turn right into Berkshire Corporate Park. The GE Capital parking lot is the first right.

QUESTIONS?

Call the United Way at 203-792-5330