



## SIGN UP NOW AT

www.kcpal.org \$5 recommended donation per runner Medals will be awarded for the top 3 finishers in each division

Age divisions for males and females

12 & under

13-16

17-29

30-39

40+

You can also register the day of.

 $06 \cdot 29 \cdot 13$  10 : 00 am Registration begins at 9am

PAL Center 1801 White

\*This will be a trail and surface combinations with a few obstacles thrown in

Conchola's Taco Truck will be on hand afterward for authentic Mexican tacos and other snacks and drinks. All proceeds will go to PAL

There will also be a raffle for several fun items