



WHAT: First Annual Missouri Department of Transportation (MoDOT) and Missouri State Highway Patrol (MSHP) Total Wellness 5K

WHEN: Saturday, September 23, 2017

1 mile Fun Run - 8:00 a.m.

5k Walk/Run - 8:30 a.m.

WHERE: Capitol South Steps and Lawn, Jefferson City, MO

COST: FREE to all MoDOT and MSHP employees and their immediate family members. This event is *not* open to the public.

HOW TO REGISTER: Visit <http://getmeregistered.com/TotalWellness5K>
Register by September 1 to guarantee that you will receive a FREE dri-fit t-shirt and chip timing for the 5K. T-shirts will be \$10 after September 1.

Send t-shirt payment to:

MoDOT Employee Benefits
ATTN: Brook Luecke
PO Box 270
Jefferson City, MO 65102

Medals will be given out to the first three finishers in each age group. Come out and join us for this family-friendly event!

Packet pick-up will be Thursday, September 21

MSHP GHQ Waggoner Building

11 a.m. – 1 p.m.

Breakroom

OR

MoDOT Central Office

11 a.m. – 1 p.m.

Conference Room 303

Packet pick-up and registration will also be available race day, September 23, at 7:00 a.m.

Only MoDOT & MSHP Medical Plan members will be eligible for prizes.

For questions and further information,
contact Robin Gammon at (314) 506-1632
or at rlgammon@aetna.com.



5K Walk/Run Course Map

