



WHAT: 2nd Annual MoDOT and MSHP Total Wellness 5K and 1 Mile Walk

WHEN: Saturday, September 22, 2018, 5K Walk/Run and 1 mile walk - 7:30 a.m.

WHERE: [North Jefferson Recreation Area Outdoor Pavilion at 927 Fourth Street, Jefferson City, MO 65101](#)

COST: FREE to all MoDOT, MSHP, and MPERS employees and eligible dependents of the Medical Plan. This event is *not* open to the public. Since the event is free, donations to the [Missouri 10-33 Benevolent Fund](#) are encouraged.

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

FAMILY-FRIENDLY EVENT: There will be MoDOT trucks, MSHP vehicles, balloon animals, and more!

Medals will be given out to the first three finishers in each age group.

PACKET PICK-UP: Thursday, September 20

MoDOT Central Office
11 a.m. – 1 p.m.
Conference Room 303

OR

MSHP GHQ Waggoner Building
11 a.m. – 1 p.m.
Breakroom

For questions and further information visit the [FAQ document](#) or contact:
[Brook Luecke](#), MoDOT OR **[Kate Boeckman](#), MSHP**
573-526-0138 OR **573-526-6335, Ext: 1063**