

# 2<sup>nd</sup> Annual MoDOT and MSHP Total Wellness 5K

## Frequently Asked Questions

### When and where does the race take place?

The race will start at 7:30 am on Saturday, September 22, 2018 at the [North Jefferson City Pavilion, 927 Fourth Street, Jefferson City, MO 65101](#). The pavilion is conveniently located off of Highway 54.

### I don't like to run. Can I walk?

Absolutely! Walkers should line up at the back of the pack. Walkers and/or kids also have the option of the 1 mile walk if the 5K is too much.

### What is the route of the 5K?

The race will start at the North Jefferson City Pavilion and continue east on Fourth Street. Turn right on Cedar City Road and then right on Oil Well Road. After crossing under Highway 63 you will take a left onto Oil Well Road. Continue on Oil Well Road until you reach the Katy Trail. Take a right onto the Katy Trail. When you reach the Katy Trail North Jefferson City Spur take a right into the parking lot and another right onto the Katy Trail North Jefferson City Spur. Continue on the Spur until you reach the North Jefferson City Pavilion.



### **Is this a family-friendly event?**

Yes! Before and during the race there will be MoDOT trucks and MSHP vehicles as well as balloon animals, dancing with the DJ, and more.

### **What facilities are available at the race location?**

Restrooms are available on the east side of the pavilion. A water fountain and water spigot are also available at the pavilion.

### **Is water provided along the route?**

Water will be provided at the pavilion before and after the race. A water station will be setup on Oil Well Road just before entering the Katy Trail.

### **Can I bring a stroller or my dog?**

Strollers are allowed on the race course. Dogs are also allowed, however they must be on a leash at all times. Pet waste must be picked up and disposed of properly by the owner. Please remember to be respectful to other pets, children and race participants.

### **Where should I park the day of the event?**

A large paved parking lot is available at the North Jefferson City Pavilion. A gravel lot is also available just past the pavilion if the paved lot is full.

### **Is the event free?**

Yes, the event is free to all MoDOT, MSHP, and MPERS employees and **eligible** dependents of the Medical Plan. Donations are encouraged to the Missouri 10-33 Benevolent Fund. "Missouri 10-33" is a statewide fund for the survivors of Public Safety Officers who have given their lives in service to their fellow citizens. This fund is a tax deductible (501[c][3]) charitable endeavor.

### **Who is considered an eligible dependent of the Medical Plan?**

Eligible dependents of the Medical Plan include the following:

- Spouse
- Child(ren) through the end of the month they turn 26. Child(ren) includes:
  - Biological child(ren)
  - Legally adopted child(ren)
  - Grandchild(ren) if the employee has legal guardianship
  - Other children who qualify due to the Subscriber's legal guardianship of the child.

### **My family members are not eligible dependents of the Medical Plan. Can they still participate?**

Yes. If your family members are not **eligible** members of the Medical Plan they can participate, but they will not receive a free t-shirt, chip timing, or be eligible for prizes.

## How do I sign-up? Can I sign-up the day of the event?

You can sign-up [here](#) through September 1 : <http://getmeregistered.com/TotalWellness5K>

You can also register the morning of the event; however you will not be eligible for a free dri-fit shirt.

## Can my friends sign-up?

This event is not open to the public. The event is sponsored by MoDOT and MSHP Medical and Life Insurance Plan.

## I would like to do the 5K, but I don't live near Jefferson City. What can I do?

MoDOT and MSHP Total Wellness is offering a Virtual 5K Challenge to all MoDOT, MSHP, and MPERS employees. The Virtual 5K Challenge allows employees to run or walk a 5K (3.1 miles) from any location. You can do it on the treadmill, trail, or complete an official 5K!

You will have from September 1 – October 31, 2018 to complete a 5K. Participants of the Virtual 5K will be entered into the drawing where 75 people will win a \$50 gift card.

Email documentation that you completed a 5K to [MoDOTMSHPWellness@aetna.com](mailto:MoDOTMSHPWellness@aetna.com) between September 1 and October 31, 2018. What are examples of documentation I can send?

- Picture of you running/walking the 5K or alternative activity
- Picture of an App showing you completed a 5K
- Picture of your name listed on the results page of the 5K website
- Picture of your watch listing the amount of time or steps you took to complete the 5K

\*All participants of the MoDOT and MSHP Total Wellness 5K do not need to submit documentation as they will be automatically entered.

## I didn't sign up by September 1, can I still get a dri-fit t-shirt?

T-shirts will be \$10 after September 1. Make checks payable to *MoDOT and MSHP Total Wellness* and send t-shirt payment to: MoDOT Employee Benefits, ATTN: Brook Luecke, PO Box 270, Jefferson City, MO 65102.

## What are the age groups for the medals?

The top three finishers from each age group will receive a medal. The age groups are: <19, 20-29, 30-39, 40-49, and 50+.

## What should I bring with me to pick up my race packet?

All participants must turn in a signed waiver to receive their race packet and participate in the race. You can print out the adult waiver [here](#) and the minor waiver (less than 18 years old) [here](#). If you are picking up a family members race pack, please bring their signed waiver with you.

## What will be in my race packet?

Your race packet will contain your shirt and the chip timer for the race.

## When should I pick up my race packet?

### MoDOT Central Office

Thursday, September 20<sup>th</sup>

11 a.m. – 1 p.m.

Conference Room 303

OR

### MSHP GHQ Waggoner Building

Thursday, September 20<sup>th</sup>

11 a.m. – 1 p.m.

Breakroom

Packet pick-up and registration will also be available the day of the race day, September 22<sup>nd</sup>, at 6:45 a.m.

## Do you need volunteers to help with the race?

Yes! Volunteers will be critical to the success of the 5K. Please consider volunteering part of your time. Fill out this [form](#) and return it to Rory Forck by September 19.

## If I volunteer, can I still participate in the race?

Yes! Volunteers will be critical to the success of the 5K both before and after the race. Volunteer assignments will be made accordingly. Please consider volunteering part of your time. Fill out this [form](#) and return it to Rory Forck by September 19.

## How can I stay up-to-date on the 5K and other wellness programs and events?

Like and follow us on our Facebook page [MoDOT and MSHP Total Wellness](#).

## I still have a question. Who should I contact?

[Brook Luecke](#), MoDOT

or

[Kate Boeckman](#), MSHP

573-526-0138

573-526-6335, Ext: 1063