



MoDOT & MSHP

5K

TOTAL WELLNESS
Walk // Run 2019



Saturday, September 28

North Jefferson Recreation Area Outdoor Pavilion

927 Fourth Street, Jefferson City, MO 65101

5K Walk/Run and 1- mile walk – 7:30 a.m.



- Register at <http://getmeregistered.com/TotalWellness5k> by September 5 to be guaranteed a FREE dri-fit T-shirt
- This event is FREE to all MoDOT & MSHP employees and eligible dependents of the Medical Plan
- Packet pick up will be held Thursday, September 26 at:

MoDOT Central Office

11 a.m. – 1 p.m.

Conf. Room 100

or

MSHP GHQ Waggoner Bldg

11 a.m. – 1 p.m.

Switchboard

Packet pick-up and registration will also be available race day at 6:45 a.m.

For questions and further information please contact Brook Luecke at 573-526-0138

Or visit <https://www.modot.org/total-wellness>

This event is not open to the public