



PAULINA COOPER
DOTTODOT

10K Run & 5K Run/Walk

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SATURDAY, SEPTEMBER 20TH 2014
10K RUN & 5K RUN/WALK

Thank you for joining us at the 8th annual Paulina Cooper Dot to Dot Run/Walk!

About Paulina

Paulina Cooper was born April 17, 1998. She was outgoing, fearless, giving, and had an amazing ability to connect. She was diagnosed with an intrinsic pontine glioma in August of 2003 at the age of 5. Through 15 months of radiation and chemotherapy and clinical trials she remained brave, peaceful, comforting and wise. She left this world on September 21, 2004. She is our hero. Her ability to connect, I believe was her life's purpose. To make us realize that we must be in relationship with one another, with family, friends, neighbors, strangers and all walks of life. This is why we named this race the Dot-to-Dot race. By connecting the dots, we stay in union with each other and with God, and continue Paulina's legacy, of spreading her message of love, union and relationship.

Facts about brain tumors

- Everyday 9 children are diagnosed
- Leading cause of cancer death
- 120 different types of pediatric tumors
- Poorer survival rates than breast cancer patient

Only 2 new treatments for brain tumors have been approved in the past 25 years. More has been learned about brain tumor in the last 10 years than in the previous 100 years. Yet, mortality rates remain unchanged during the last 10 years.

The Rory David Deutsch Foundation is a non-profit foundation dedicated to the eradication of pediatric brain tumors. All money raised will go into researching and developing effective treatments for children with aggressive brain tumors.

Packet Pick Up

Friday, September 19, 12pm-6pm

KC Running Company Store

4760 W 135th St, Leawood, KS

Saturday, September 20, 6am-7am

Corporate Woods near race start

8717 W 110th St, Overland Park, KS

What to expect at packet pick up:

- We will have a list of all registered participants
- You do not need to bring anything, but it is helpful to have a copy of your confirmation email on your phone or printed
- You are welcome to pick up packets for friends and family members
- In your packet, you will find your bib, twist ties, and timing chip to attach to your shoe



About race day:

- Before the race, pin your bib to the front of your shirt and attach your timing chip to your shoe with twist ties (pictured to the side). Your time will not be captured if the chip is anywhere other than your shoe.
- Your official start time will be captured by the timing chip when you cross the starting mat; finish time, when you cross the finish mat.
- The timing chips are reusable, and once you cross the finish line, someone will clip the chip off your shoe.
- If you are unable to run or do not wish to be timed, please return your timing chip either at packet pick up, the race, or mail it to the address below.



KC Running Company
411 E 135th St, Kansas City, MO 64145

- If it rains, the event will still be held. However, if it is unsafe to run/walk, the race director reserves the right to cancel the race, and no refunds will be given.

Schedule

9/19/14 – Packet pick up 12 pm-6 pm

KC Running Company Store, 4760 W 135th St, Leawood, KS

9/20/14 – Registration and packet pick up 6am-7am

Corporate Woods, 8717 W 110th St, Overland Park, KS

Races start north of building 40 in Corporate Woods

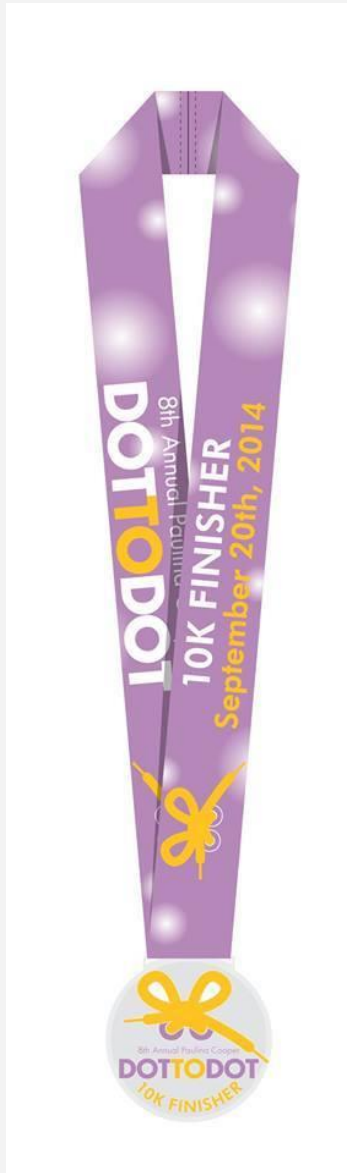
10K & 5K START TIME: 7:30 AM

Dot to Dot Kids Trot: 8:30 AM



Results and Awards

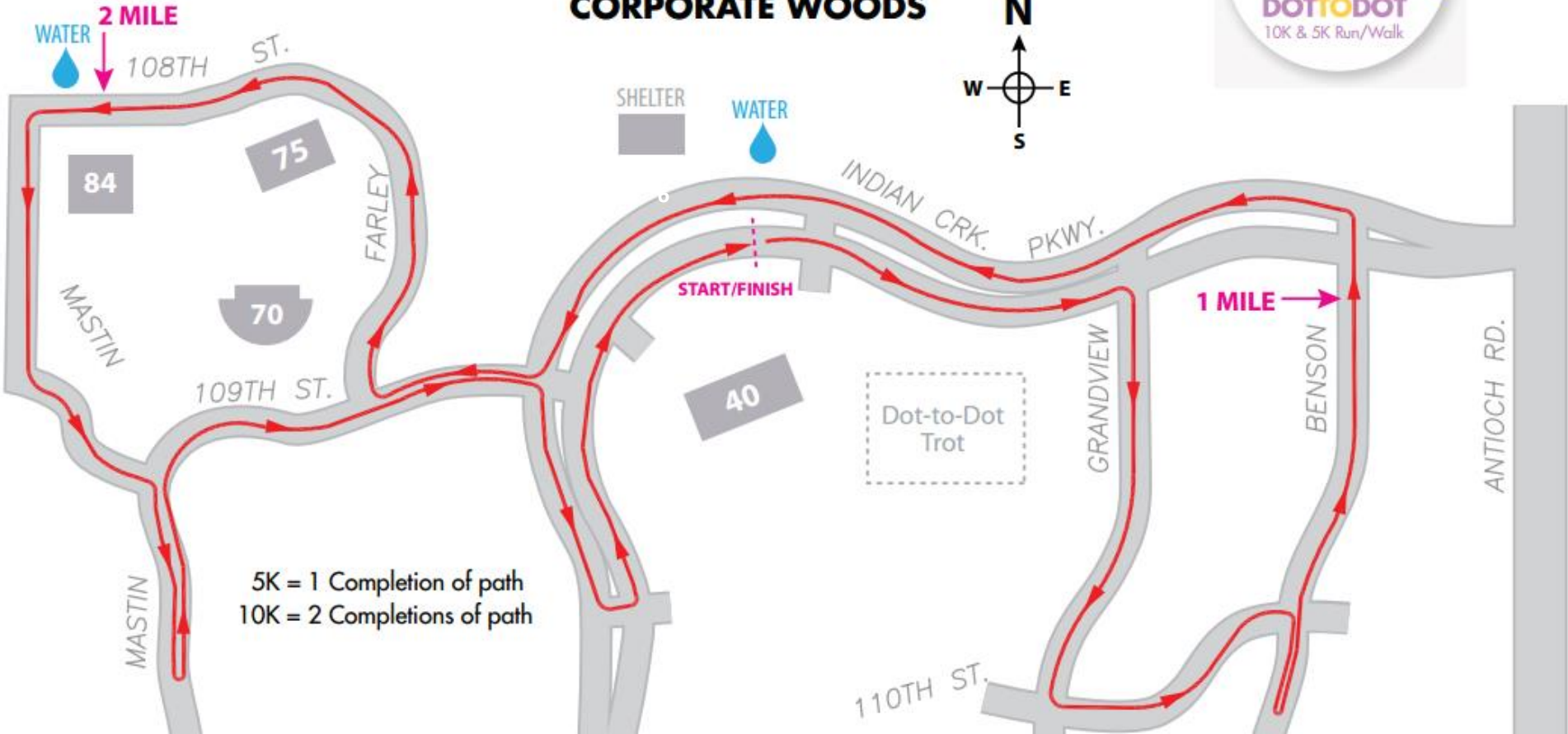
Shortly after the race, results will be posted and available online at www.kcrunningcompany.com. All 10K finishers will receive custom finisher's medals. Awards will follow the completion of the 10K and 5K. Trophies will be awarded to overall top and overall top masters male and female in both the 5K and 10K. Medals will be awarded to the top 3 finishers in each age category for both the 5K and 10K.



14 and under	50-54
15-19	55-59
20-24	60-64
25-29	65-69
30-34	70-74
35-39	75-79,
40-44	80+
45-49	



CORPORATE WOODS



5K = 1 Completion of path
10K = 2 Completions of path



Heartland 30K Series

The Dot to Dot Run/Walk is the last part of the Heartland 30K Series - three 10Ks in three weeks.

If you are a Heartland 30K Series participant, congratulations on the first two races and good luck on this last 10K!

Find the KC Running Company tent after you complete the Dot to Dot 10K to get your Heartland 30K Series medal!



Thank you for participating in the 2014 Dot to Dot Run

Enjoy the event and we hope to see you
back next year!

Like us on Facebook!

www.dottodotrun.org