START TIMES: 9:30 a.m. - 5K RUN/WALK
10 a.m. - KIDS FUN RUN
10:30 a.m. - MATURE MILE
11 a.m. - FIREMAN/OFFICER RACES

ENTRY FEES: **5K Run/Walk (13yrs+)**
Mature Mile (60yrs+)
$20 before March 15th
$25 March 15th - May 22nd
$30 Race Day Registration

Kids FUN RUN (6 - 12yrs)
$15 before March 15th
$20 March 15th - May 22nd
$25 Race Day

REGISTRATION: Online Registration Available
NOW thru May 22, 2010
www.5kmemorialrun.org
and www.active.com

Race Day Registration
7 a.m. - 9 a.m.

TEAMS: Teams require a captain
6 - 25 members per team
Team Names will be printed on Race T-shirts*
Teams must register online
(*early registration required)

FUNDRAISING: All registered participants and teams recieve their very own fundraising page to solicit donations. Fundraising is not required, however, your fund-raising efforts are greatly appreciated. Our 2010 goal is $100,000.

INQUIRIES: Gwen Shelton @
(314) 882-6614 or
gwen@5kmemorialrun.org

1st Annual St. Louis
5K Memorial Run
2010

sponsored by:

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May 30, 2010
FOREST PARK
ST. LOUIS, MISSOURI

PROCEEDS BENEFITING:

THE BACKSTOPPERS INC.
the police officers & firefighters fund

5K RUN/WALK
KIDS FUN RUN
MATURE MILE
FIREMAN/OFFICER RACES

Register Today at:
www.5kmemorialrun.org

Remember
honor
Support

Mail entry forms and all checks made payable to:

5K MEMORIAL RUN
P.O. Box 1057
St. Louis, MO 63031

5K MEMORIAL RUN ENTRY FORM (PLEASE PRINT)

☐ 5K RUN/WALK ☐ KIDS FUN RUN ☐ MATURE MILE

RUNNERS NAME

ADDRESS

CITY STATE ZIP CODE

EMAIL

GENDER: ☐ MALE ☐ FEMALE

TELEPHONE

AGE ON 5/30/10 T-SHIRT SIZE

YOUTH SIZES: YS YM YL
ADULT SIZES: S M L XL XXL

ARE YOU ONE OF THE FOLLOWING?
☐ FIREMAN ☐ POLICE OFFICER ☐ PARAMEDIC ☐ EMT

IF SO, PLEASE SPECIFY YOUR DEPARTMENT

WOULD YOU LIKE TO PARTICIPATE IN THE FIREMAN/OFFICER RACES?
(NO ADDITIONAL FEE IF REGISTERING FOR 5K) ☐ YES ☐ NO

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against 5K Memorial Run, Forest Park, City of St. Louis, any and all sponsors, their representatives and successors for any and all injuries suffered by me in this event.

SIGNATURE (Parent or guardian required if under 18) DATE

Mail with entry fee and all checks made payable to:
5K Memorial Run P.O. Box 1057, St. Louis, MO 63031