

meet...
St. Louis Cardinals
Fredbird!
before the 4 mile race



Proceeds benefit the National Multiple Sclerosis Society

RUN4MS

MULTIPLE SCLEROSIS SOCIETY

April 7, 2012
7:30am

4 mile run – 1 mile walk – ¼ mile kids dash

Location: Kirkwood Aquatic Center at Kirkwood Community Center
111 South Geyer Rd. (corner of S.Geyer and W.Monroe)
Kirkwood, MO 63122

Courses: 4 Mile, 1 Mile, and 1/4 Mile courses accurately measured according to USATF standards. All three start and finish near Kirkwood Aquatic Center and make scenic tours through Kirkwood and Kirkwood Park.

Cost: \$22 if received by Saturday, March 17th.
\$27 Sunday, March 18th to Saturday, March 31st.
\$35 Sunday, April 1st to Race Day (beginning at 6:00am)
*** 1/4 Mile Kids Dash: \$6 up to Race Day (No Shirt)***

Register: Mail - MO Running Race Mgmt, PO Box 230112, St. Louis, MO 63123
Online - www.active.com - Search "RUN4MS"
In Person - Missouri Running Co., 606 North & South Rd, U-City 63130 ONLY
Thursday, April 5th 3-7pm Friday, April 6th 3-6pm

Shirts: Technical race shirt to first 200 participants to pick up their race packets. Every effort will be made to provide proper shirt size for each participant. Shirts available on a first come, first serve basis; i.e., shirt sizes are not guaranteed.

Awards: Awards given to Top Male and Female Overall Winners, and Top 3 Male and Female Winners in the following Age Groups: 19 and Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and Top M/F 80 and Over.

Packet Pick-up:
- Thursday, April 5th 3-7pm
- Friday, April 6th 3-6pm
at Missouri Running Co. U-City Store
606 North and South Rd.
- RACE DAY at Kirkwood Aquatic Center beginning at 6am.



MS WE JOINED THE MOVEMENT

missouri running come run with us.

BECS TECHNOLOGY

Since 1959 RIGGS Construction & Design

PRECISION HEALTH GROUP

Des Peres Hospital

CLIF BAR

Fitness edge Protein smoothie

noodles & company

DQ Grill & Chill

Fundraising: Can't run? Make donations directly to MS Society at:
www.gatewayMSsociety.org
-> Do-it-Yourself Events
-> Search for an Activity "RUN4MS"



Last Name: _____ First Name: _____

Address: _____

City/State/Zip: _____

Phone No.: () _____ E-Mail: _____

Male Female DOB _____ Age on Race Day: _____

Preferred Tech-Shirt Size (circle one):

Men's sizes: S M L XL Women's sizes: S M L XL

Waiver of Liability: In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages, actions and causes against Kirkwood Community Center, Kirkwood Aquatic Center, the City of Kirkwood, The National Multiple Sclerosis Society – Gateway Area Chapter, Missouri Running Company, Missouri Running Race Management, USATF, all sponsors, and any individual or group associated with this event from all claims and liabilities resulting in my participation. I attest and verify that I am physically fit and have sufficiently trained for this event. I assume all risks in this event including, but not limited to falls, contact with other participants, effects of the weather, road conditions, all such risks being known and appreciated by me. Further, I hereby grant permission for the free use of my name and/or any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose. (Participants under 18 must have parental signature.)

Signature

Date

Parent Signature (if under 18)

Date

MS WE JOINED THE MOVEMENT

4mi/1mi Fees:
\$22 – Received by March 17
\$27 – March 18 to March 31
\$35 – April 1 to Race Day

1/4mi Kids Dash Fee:
\$6 – up to Race Day (no shirt)

Reg online: www.active.com
search "RUN4MS"
— OR —
Mail entry to:
MO Running Race Mgmt.
P.O. Box 230112
St. Louis, MO 63123
Checks payable to:
MO Running Race Mgmt
No Refunds