



Sunday, January 29, 2012 beginning at 7:15 am

LOCATION: Start and Finish at Missouri Running Co. in Chesterfield, MO. For information, call 314-434-9577

RACE DETAILS

COURSE: 10 miler and 4 miler beginning and ending at Missouri Running Co. in Chesterfield, MO.

AWARDS: Overall Male/Female winner and Overall Master Male/Female winner. Plus 14 and under, 15-19, Ten year age groups between 20-29 thru 60-69 and 70 plus.

All finishers will receive a medal.

SHIRTS: Nike Dri-Fit L/S technical shirts

PACKET PICK-UP: Beginning Wednesday, January 25, 2011, at Missouri Running Co., 13393 Olive Blvd. (Woodchase Plaza) Race Day Packet Pickup beginning at 6:00 am.

ENTRY FEES:

- Entry fees: \$20 by Tuesday, Jan. 25, 2012; \$30 after 25th through Race Day (beginning at 6:00 am)

REGISTRATION

- Registration options: In Person, By Mail, Checks payable to MO Running Co., No Refunds, Online at onestoprace.com

For information visit: www.morunco.com



INFORMATION (COMPLETE ENTIRE FORM. ONE PERSON PER FORM. FORM MAY BE DUPLICATED.)

Registration form fields: Last Name, First Name, Address, City, State, ZIP CODE, Phone #, Gender, DOB, Age on Race Day, Email

PREFERRED TECHNICAL-SHIRT SIZE (CHECK 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 Missouri Running Co., all sponsors, and any individual or group associated with this event from all claims and liabilities resulting in my participation.

Signature line with 'X' and label: SIGNATURE OF ATHLETE OR PARENT/ GUARDIAN IF ATHLETE IS UNDER 18-YRS-OLD

DATE

Total fees due line with '\$' and label: TOTAL FEES DUE