FR*STY 5

Saturday, February 11, 2012 beginning at 8:00 am

LOCATION: Start and Finish at Missouri Running Co.–606 North & South Rd., University City, MO 63130. At the corner of North and South Road. For information call (314)727-4786.

RACE DETAILS

COURSE: 5 mile course will begin and finish at Missouri Running Co., University City, 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, Feb. 8, at Missouri Running Co., 606 North & South Road. Race Day Packet Pickup beginning at 6:30 am.

ENTRY FEES:

- ☐ $20 by Tuesday, February 7, 2012
- ☐ $30 after 7th through Race Day (beginning at 6:30 am)

REGISTRATION

- In Person — Any Missouri Running Co. location
- By Mail — Missouri Running Co., 13393 Olive Blvd. (Woodchase Plaza), Chesterfield, MO 63017
- Checks payable to: MO Running Co.
- No Refunds.
- Online — **onestoprace.com**

For information visit: www.morunco.com

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

Last Name _____ First Name _____

Address _____

City _____ State _____ ZIP CODE _____

Phone # ___–___–____

☐ Male ☐ Female 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

missouri running co

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. 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.)

X _____

SIGNATURE OF ATHLETE OR PARENT/ GUARDIAN IF ATHLETE IS UNDER 18-YRS-OLD **DATE**

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TOTAL FEES DUE