Run/Walk 1 Mile ~ 5K for the Meals On Wheels Speedy Feet Helps Seniors Eat Fundraiser

7:00 a.m. Registration Begins

8:00 a.m. Honorary Chair, Mike McMillan will start with the Celebrity Kickoff and Warm Up

8:30 a.m. Start—Rain or Shine (5K)
Tower Grove Park ~ Sons' of Rest

8:45 a.m. Start—Rain or Shine (1 Mile)
Tower Grove Park ~ Sons' of Rest

10:00 a..m. Awards Ceremony

PRIZES

2012 Sponsors

Big River Management

Go St. Louis

Yur Buds

Proceeds will benefit:
Northside Community Center, Inc.

Northside Community Center, Inc.

~Speedy Feet Help Seniors Eat~

Date: 5/5/12

Time: 8:30 A.M.

Registration Form

Entry Fees: (Please check your race Choice)

Bid Number: #_____
~Event Use Only~

☐ $20 for 1 mile Registration

☐ $25 for 5K Race Registration

☐ $15 Purchase Additional T ~ shirts: $_____
(One Free T ~ shirt with each paid registration)

☐ Sponsorship Amount: $_____

Runners & Vendors may register online at:
www.bigriverrunning.com/speedyfeet

For more information call: 314-531-4161

Name

Address

City, State, Zip Code

Phone

Email Address

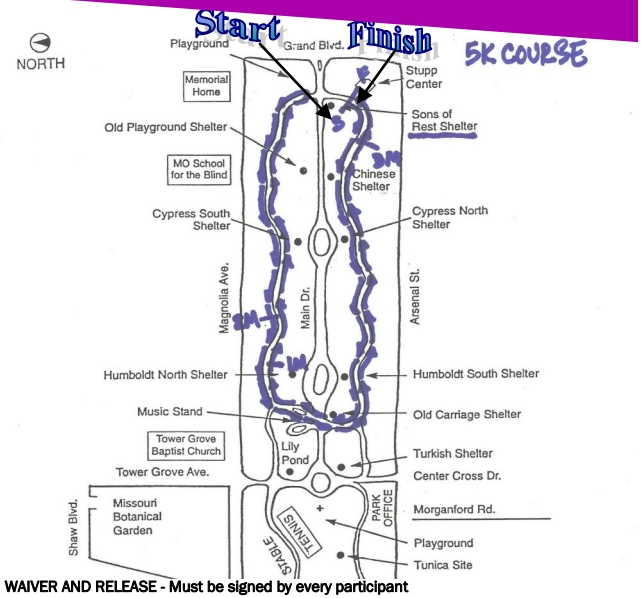
T-shirt Size: S M L XL

Gender:

☐ Male or ☐ Female _____ Age

View our website at:
northsidecommunitycenter.net

Tower Grove Park ~Sons' of Rest~



WAIVER AND RELEASE - Must be signed by every participant

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and of being permitted to participate in this event. I am a voluntary participant in this event and in good physical condition. I acknowledge that this event is a potential hazardous activity. I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event, and I, on behalf of myself and on behalf of the minor child(ren) listed below as his or her parent or guardian, hereby forever release, hold harmless and indemnify Northside Community Center, Inc., its local Affiliates and any affiliated individuals, any Race sponsors and their employees, and all other persons or entities associated with this event from any claims I or the child(ren) named below may have arising out of my or such child(ren)'s participation in this event, including personal injury or damage suffered by me, the child(ren) or others, whether same be caused by negligence of Northside Community Center, Inc., its local Affiliates and any affiliated individuals or any Race sponsors, including any of said parties' agents or employees or otherwise. If I or the child(ren) named below do not follow all the rules of this event, I understand that we may be removed from the competition,. I give my full permission to Northside Community Center, Inc., and its local Affiliates to use, without charge, my name and any photographs, videotapes, or other recordings of me and the minor child(ren) listed below that are made during the course of this event, together with all alterations or edited sessions of the foregoing.

NOTICE OF DRUG TESTING: Participants in the 5K timed race may be subject to formal drug testing in accordance with USA T&F rules and IAFF Rule 144. Participants who refuse to be tested or who test positive for banned substances will be disqualified from this event and will be ineligible for future competitions.

Signature_____ Date_____, 2011

Name(s) of Minor(s)_____

Signature of parent or guardian if under 18 years of age.