

Waiver

In consideration of accepting this entry, I, the undersigned (or parent or guardian, for participant under 18 years of age), intending to be legally bound, hereby, for myself, my heirs, executor and administrators, hereby waive and release any and all rights and claims for losses and damages affiliated with the event that I may have against the Washington University, the event organizers, the Sports Club Board and running club, event volunteers, Big Brothers Big Sisters, any and all other official event sponsors and supporters including workers. I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event while it takes place. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, cars, effect of weather, traffic, and conditions of the road. I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. I attest that I am physically fit and have sufficiently trained for this event for which I am voluntarily entering at my own risk. My physical condition has been verified by a licensed medical doctor. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I also understand that any damage to personal property is not the fault of any of the above listed parties. I understand that the entry fee is non-refundable and non-transferable. I hereby grant permission to publish my name and age in the results of this race, electronically and otherwise. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

Participants should drink plenty of fluids 48 hours prior to, during and upon finishing the race. Beware of heat problem symptoms (dizziness, lack of sweating, nausea, cramps, redness, incoherent speech and thoughts). Seek immediate assistance if symptoms occur.

X _____

Date _____

Signature of participant or parent/guardian if under 18

2011 Sponsors

Take Steps For Kids



Photo Credit: Bill Stover

5K and 1 Mile March 24th, 2012

St. Louis' Largest Student-Run 5K



100% of the proceeds go to:



Schedule

Saturday, March 24th, 2012

- 4:00 PM - Packet Pickup / Registration
- 5:00 PM - 1 Mile Start
- 5:30 PM - 5K Start
- 6:15 PM - Kids 150 Yard Dash

The race starts in Brookings Quad
 Washington Univeristy in St. Louis
 One Brookings Drive
 St. Louis, MO 63130

Registration

Register online at:
www.TakeStepsForKids.org

“Bigs”, “Littles”, and Parents: FREE

5K : \$20 (Student/Child \$15)

1 Mile : \$15 (Student/Child \$12)

** Up to an additional \$5 charge for Race Day Registration. See our website for exact information. T-shirt included in the entry fee. T-shirt not guaranteed for race-day registrants.*

Details

- Professional Chip Timing
- Downhill Course, great for a PR
- Strollers and wheelchairs are welcome!
- Awards to top 10 overall and top 3 in 5 year age divisions
- Bring money for the raffle



Photo Credit: John Hergenroder

Big Brothers Big Sisters

100% of the proceeds go directly to Big Brothers Big Sisters of Eastern Missouri

Big Brothers Big Sisters is the oldest, largest, and most effective youth mentoring organization in the United States. Their mission is to provide a mentor for every child who wants and needs one.

Team Competiton

Both the **largest** and the **fastest** teams win awards and a pizza party!

Team “speed” will be calculated by the overall places, of the top five runners on each team, taking gender into account.

Raffle

We are raffling off hundreds of dollars worth of merchandise from local businesses. Bring cash to buy raffle tickets: 1 for \$1 and 6 for \$5.

Take Steps for Kids

First Name _____

Last Name _____

Sex _____ Age on Race Day _____

Address _____

Phone _____

T-shirt size(circle one)

CM CL S M L XL XXL No Shirt

Email address _____

Emergency Contact _____

Emergency Phone _____

Race: 5K or 1 Mile

Team Name (optional): _____

Amount Enclosed: _____

For WashU students \$12 donation **suggested** (donation includes t-shirt)

MUST SIGN WAIVER ON BACK

For information or to register go to
www.TakeStepsForKids.org.

Mail completed applications to:

Marc Hendel - Race Director
Washington University in St. Louis
6515 Wydown Blvd. Box 3157
St. Louis, MO 63105

Make checks payable to: SCB Running Club

Questions?

Contact the race director at:
TakeStepsForKids@gmail.com
 (561) 312-4221