



# Whitecliff Valentine Trail Run



10 a.m., Saturday,  
Feb. 11, 2012



**Where:** In the hilly, picturesque woods and fields of 90+ acre Whitecliff Park in Crestwood, Missouri, next door to Grant's Farm.

**Fees:** \$20/runner (\$35/couple) prior to 1pm on Jan. 21  
\$25/runner (\$40/couple) starting after 1pm on Jan 21

**Registration:** Stop in the Community Center or mail entry forms to:  
Valentine Trail Run  
Crestwood Community Center  
9245 Whitecliff Park Lane  
Crestwood, MO 63126

Race day registration will be at the Community Center from 8 – 9:30 a.m.

*Due to the nature of trail races and to minimize impact on the trails, we will be limiting the entries to the first 150 runners to register. No exceptions will be made.*

**Packet Pick-up:** At the Crestwood Community Center on Friday, Feb. 10, from 10 a.m. to 6 p.m. and Saturday, Feb. 11, from 8 a.m. to 9:40 a.m.

**Shirts:** Shirts are guaranteed if registered by early registration deadline of 1pm Jan. 21.

**Water and Refreshments:** At the start/finish and ½ way point on the trail.

## Awards:

Couples 1<sup>st</sup> – 3<sup>rd</sup> place overall & age group: combined age 39 and under, 40-59, 60-79, 80-99 and 100 and over

1<sup>st</sup> in Men's and Women's age group: (19 & under, 20-29, 30-39, 40-49, 50-59, 60+)

*Couples will consist of one male and one female runner. Runners are only eligible to win in one category or division.*

**Course:** A double loop on the trails and fields of Whitecliff Park - 3.5 miles total length with little to no pavement and some very rough single-track. <http://www.usatf.org/routes/view.asp?rID=170097>

**DOOR PRIZES PROVIDED BY THE RUNNING CENTER WILL BE AWARDED AFTER THE RUN!**  
*YOU MUST BE PRESENT TO WIN.*

**Come prepared...we will run in almost all conditions short of a flood or whiteout!**

*Should the City of Crestwood deem conditions too dangerous due to severe weather or hazardous trail conditions, the City will cancel the Trail Run and offer no refunds.*

**Volunteers Welcome!**

Call 314-729-4860 or email [tbell@ci.crestwood.mo.us](mailto:tbell@ci.crestwood.mo.us) to help

# ENTRY FORM

Mail to: Trail Run, Crestwood Community Center, 9245 Whitecliff Park Lane, Crestwood, MO, 63126

I/we will be competing as a (check one):  Single  Couple

NAME \_\_\_\_\_ Birth date: \_\_\_\_\_ Sex M F  
Last First

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work/Cell Phone \_\_\_\_\_ Shirt Size: M L XL

E-mail \_\_\_\_\_

PARTNER'S NAME \_\_\_\_\_ Birth date: \_\_\_\_\_ Sex M F  
Last First

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work/Cell Phone \_\_\_\_\_ Shirt Size: M L XL

E-mail \_\_\_\_\_

## COMBINED AGE GROUPS:

39 and under  40-59  60-79  80-99  100 and over

Fee Enclosed: \$20/runner & 35/couple (prior to 1pm on Jan. 21) \_\_\_\_\_ \$25/runner & 40/couple (starting after 1pm on Jan. 21)  
Cash Check

Card # \_\_\_\_\_ Ex. Date \_\_\_\_\_ MC Visa

## AGREEMENT TO RELEASE AND HOLD THE CITY OF CRESTWOOD HARMLESS

In consideration of the City's permitting my participation in the Program(s) specified above, I agree as follows:

I, for myself and my personal representatives, release and discharge the City of Crestwood, its agents, officers and employees, from all claims for personal injury, damage or loss of property, liability or expense, including attorney's fees, arising out of my participation in the above run not withstanding any claim of fault or negligence (whether sole, concurrent or otherwise) on the part of the City, its agents, officers or employees.

I, for myself and my personal representatives, agree to defend, indemnify and hold the City of Crestwood, its agents, officers and employees, harmless against all claims which may be asserted by others for personal injury, damage or loss to property, liability or expense, including attorney's fees, occasioned by any of my acts or omissions not withstanding any claim of fault or negligence (whether sole, concurrent or otherwise) on the part of the City, its agents, officers or employees.

I do hereby grant and give the City of Crestwood the right to use my or my child's photograph or image for any publications or promotions of the activities or facilities of the City of Crestwood.

\_\_\_\_\_  
Signature of Participant (If under 18, Parent or Legal Guardian)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Participant (If under 18, Parent or Legal Guardian)

\_\_\_\_\_  
Date

*Should the City of Crestwood deem conditions too dangerous due to severe weather or dangerous trail conditions, the City will cancel the Trail Run and offer no refunds.*

## COURSE RECORDS:

### Couple's:

Nikki Reed & Jason Difani 52.38 2009

### Men's:

Zac Frendenburg 20.58 2009

### Women's:

Mary White 26:44 2008

Crestwood Parks and Recreation Department

9245 Whitecliff Park Lane

Crestwood MO 63126

314-729-4860

<http://www.ci.crestwood.mo.us>