



The Forest Park Cross-Country Festival is back! The 2009 Festival saw more than 2,000 athletes compete in beautiful Forest Park at one of the premiere cross country meets in the Midwest. With its unique course (European Style 2k loops) and first-rate amenities (including a great meet announcer to cheer you on!) the FPXC Festival is your chance to feel like a star. The OPEN RACE is open to runners of all ages and abilities and gives you an opportunity to escape the roads and jump on the grass for a unique distance at a unique event. Parents, coaches, younger brothers and sisters, all are welcome to join us as we celebrate the sport of cross country!

SCHEDULE OF EVENTS
September 11th, 2010

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| 7:30 am Open Race 4k | 11:30 am Varsity boys 5k White Division |
| 8:10 am Junior Varsity girls 4k White Division | 12:05 pm Varsity boys 5k Green Division |
| 8:45 am Junior Varsity girls 4k Green Division | 12:40 pm Freshman girls 3k |
| 9:20 am Junior Varsity boys 5k White Division | 1:00 pm Freshman boys 3k |
| 9:55 am Junior Varsity boys 5k Green Division | 1:25 pm Middle School girls 2k |
| 10:30 am Varsity girls 5k White Division | 1:40 pm Middle School boys 2k |
| 11:00 am Varsity girls 5k Green Division | 2:00 pm AWARDS CEREMONY |

Open Race Awards will be presented to the top three in each age group. Overall men's and women's open and masters winners will receive a FREE pair of Shoes. See you in September! Online Registration at www.bigriverrunning.com/fpxc

Race day entry = \$12 (Race Day Registrants will NOT receive a timing chip and will NOT show up in the results so PLEASE sign up early. You may sign up at the Big River Stores through Thursday September 9th.)

Name: _____ Age on Race Day: _____

Address: _____ Phone: _____

Email: _____ Male ___ Female ___

Cost: ___\$10 (race only) ___\$35 (race and long-sleeve moisture wicking shirt with meet logo) **S M L XL**

Payment Method: ___ Cash ___ Check (made payable to: Big River Running Company)

Waiver of Liability: In consideration of your 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, demands, actions and causes of actions against Big River Running Company, LLC, their affiliates, subsidiaries, officials, representatives, employees, successors and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the competition of this run. Further, I hereby grant full 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.

Signature Date Parent (if child is under 18)

Mail To: Big River Running Company, 14059 Manchester Road, Manchester, MO 63011 (postmarked by Sept. 6th)
Questions? 636.394.5500 or ben@bigriverrunning.com