

REGISTRATION

Pre-registration by this form.

Before Nov. 25: Online \$20 / By Mail \$25

After Nov. 25: Online \$25 / By Mail \$30.

(SLTC Members may deduct \$5)

NO RACE DAY ENTRIES

Register Online at: www.active.com.

Make checks payable to: **St. Louis Track Club**

Fill out **both sides** completely...please print!

Name _____

Address _____

City _____

State _____ Zip _____

Phone (evenings) _____

E-Mail Address _____

Male Female Age (12/06/09): _____ SLTC Member

Circle T-Shirt Size **S M L XL**

Net Proceeds From this Run Benefit...

PAYBACK

A nonprofit organization which puts delinquent youth to work at supervised worksites where they earn restitution to repay their victims.

FOREST PARK FOREVER

A nonprofit organization whose mission is to restore, maintain and sustain Forest Park as one of America's great urban public parks, for the enjoyment of all ~ now and forever.

PATHWAYS TO INDEPENDENCE

A nonprofit agency that provides social skills and pre-employment development programs to adults with learning and other developmental disabilities in the St. Louis area.

NOTE: Waiver of liability must be signed or entry will not be accepted.

OVER

ST. LOUIS TRACK CLUB
6136 SOUTHWEST AVENUE
ST. LOUIS, MO 63139-2719



5K HIGHWAY RUN/ WALK

**SUNDAY,
DECEMBER 6
8:00 AM START**

Saint Louis Track Club

DATE/TIME

**SUNDAY, DECEMBER 6, 2009—8:00 A.M. START
I-64 AT TAMM**

REGISTRATION

Mail this completed form—with check payable to “St. Louis Track Club” to:
I-64 Highway Run
c/o St. Louis Track Club
6136 Southwest Ave.
St. Louis, MO 63139

Photocopies of registration form are acceptable. One person per entry form, please.

Register in person Thursday & Friday, December 3 & 4 at the St. Louis Track Club Office, 9 a.m. to 12 noon.

Register on line at www.active.com

ENTRY FEES & DEADLINES

Early entry (postmarked on or **before 11/25/09 is \$25**. Entry fee **after 11/25/09 is \$30**. St. Louis Track Club members: \$20 early entry, \$25 for late registration.

Entry fees are non-refundable and non-transferable.

NO RACE DAY REGISTRATION

Net proceeds from this run benefit

Payback, Inc.

Forest Park Forever

Pathways to Independence

COMMEMORATIVE SHIRT

Specially designed, long-sleeve, technical event shirt. Register early to guarantee correct shirt size.

PACKET PICK-UP

Thursday & Friday, December 3 & 4 - 9 a.m. to 12 noon

St. Louis Track Club Office 6136 Southwest Ave, 63139

On Race Day, Sunday, December 6

6:30 a.m. to 7:30 a.m.—Forest Park near Hampton Entrance to the Park.

PARKING

Free parking compliments of Forest Park Community College, 5600 Oakland Ave, on all lots. From parking lots, walk west on Oakland, cross at Hampton Ave to enter race area.

Parking also available in Forest Park at the Upper Muny Parking lot.

RACE INFORMATION

COURSE

5K (3.1 Miles) accurately measured, out-and-back course on the newly completed western lanes of Interstate 64, starting and finishing at Tamm Avenue.

Enter race area from I-64 westbound entrance ramp from Hampton Ave (north side of I-64). MODOT trucks will be stationed at other entrance and exit ramps to restrict entry to I-64.

AWARDS

First 40 Awards—Custom plaques to the first 20 male and first 20 female finishers. Awards will be presented in finish area immediately after finishing. Results for award winners will be posted on www.stlouistrackclub.com. Finish times for all will be displayed on overhead clocks at finish line.

RACE MANAGEMENT BY ST. LOUIS TRACK CLUB

FOR INFORMATION OR TO VOLUNTEER

To volunteer or for more information call the **St. Louis Track Club** (314) 781-3926 or visit our website:

www.stlouistrackclub.com.

For the safety of all participants and to satisfy insurance requirements, USATF rules prohibit strollers, baby joggers, dogs and headphones.

RELEASE AND WAIVER

I, the undersigned, acknowledge and certify that: (1) I am in excellent condition and have no medical condition that could likely be worsened by participation in this event; (2) I have trained properly for this event; (3) I am fully aware of and assume the risks associated with adverse weather conditions, and I appreciate and assume all risks associated with the presence of vehicular traffic on the race course; and (4) I am solely responsible for my own safety while traveling to or from or participating in this event.

In consideration of the foregoing and of your accepting this entry, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors, administrators and assigns, waives, releases, discharges and covenants NOT TO SUE Missouri Department Of Transportation (MODOT), The St. Louis Track Club, the City of St. Louis, St. Louis Community College, or any Sponsor or contributor to this event, any race officials or volunteers, their representatives, successors or assigns, from any and all claims or liability for death or for damages for any and all injuries to me or my property including without limitation claims or liability resulting from those matters described in the preceding paragraph. This Release and Waiver extends to all claims of any kind or nature, whether foreseen or unforeseen, known or unknown. I further grant full permission to the St. Louis Track Club and/or agents authorized by them, to use my likeness, voice and words in television, radio, file or in any form to promote activities of the St. Louis Track Club.

SIGNATURE _____

Parent Must Also Sign if Participant is Under Age of Eighteen (18).

DATE _____

Entry will not be accepted unless the waiver is signed and dated.

Make checks payable & mail this form to:

I-64 Highway Run
c/o St. Louis Track Club
6136 Southwest Avenue
St. Louis, Missouri 63139

