

2nd Annual Run 4 Kids & Walk 4 Kids

30K Relay

5K Walk

4-Person Teams: 5K / 10K / 10K / 5K

When: November 13, 2010, Saturday
Where: Forest Park: St. Louis, MO (Upper Muny)
Course: 30K Relay: Smooth & Semi-Hilly Roads
Time: Late Registration: 6:45 – 7:10 A.M.
 Start-Finish Walkers: 7:20 – 11:30 A.M.
 Start-Finish Runners: 7:30 – 11:30 A.M.

**Pre-Registered (Oct 15) Guaranteed A Long Sleeve T-Shirt: S, M, L, XL
 (XXL & larger: \$2.00 more/shirt)**

Prizes: 1st, 2nd, 3rd place medals/division for relay

Prizes Distributed: 11:30 A.M. - 12 Noon

Divisions: MEN WOMEN COED WALKER

Parking: Upper Muny Parking Lot @ Start/Finish

Family Rate applies to WALKERS with 3 or more in immediate family

<u>Entry:</u>	Runners	Walkers	Family Rate	Rate Deadlines
Early Bird	\$100/Team	\$12/Walker	\$10/Walker in Family	Postmarked: Oct 15
	\$120/Team	\$15/Walker	\$13/Walker in Family	After Postmarked
	\$140/Team	\$20/Walker	\$18/Walker in Family	Race Day: Nov. 13

Entry Fees non-refundable/non-transferable

The Run 4 Kids Relay/Walk 4 Kids event supports the Christian Activity Center, an after school service for kids grades K-12, which provides tutoring services to enhance each child's educational development, and outlets for recreation and the arts to further their social skills. Health and Wellness programs are provided through recreation, health education, practical assessments, and loving kids as God desires.

Ghisallo Running



WWW.CACESL.ORG
 Contact: Russell Smith
 Cell: 618-977-6650
 W: 618-874-5615 x 200
 E: RMS23@hotmail.com

**Mail Registration Form &
 Entry Fee to:**

Christian Activity Center
 P.O. Box 2525
 East St Louis, IL 62201

Memo: "Run 4 Kids"
 or

On-Line Registration:
 WWW.ACTIVE.COM

Trader Joe's Neighborhood Grocery: Brentwood

Split Master Timing and Race Management

Powerade

Bagels for runners & walkers: limited supplies

Mail Registration Form to Above Address

Team Name _____ **Running Club/s:** _____
Name Email/Phone

TEAM CAPTAIN/WALKER (Print)

5K _____
Name Address E-Mail Age / Gender / Size

TEAMMATES (Print)

10K _____
 10K _____
 5K _____

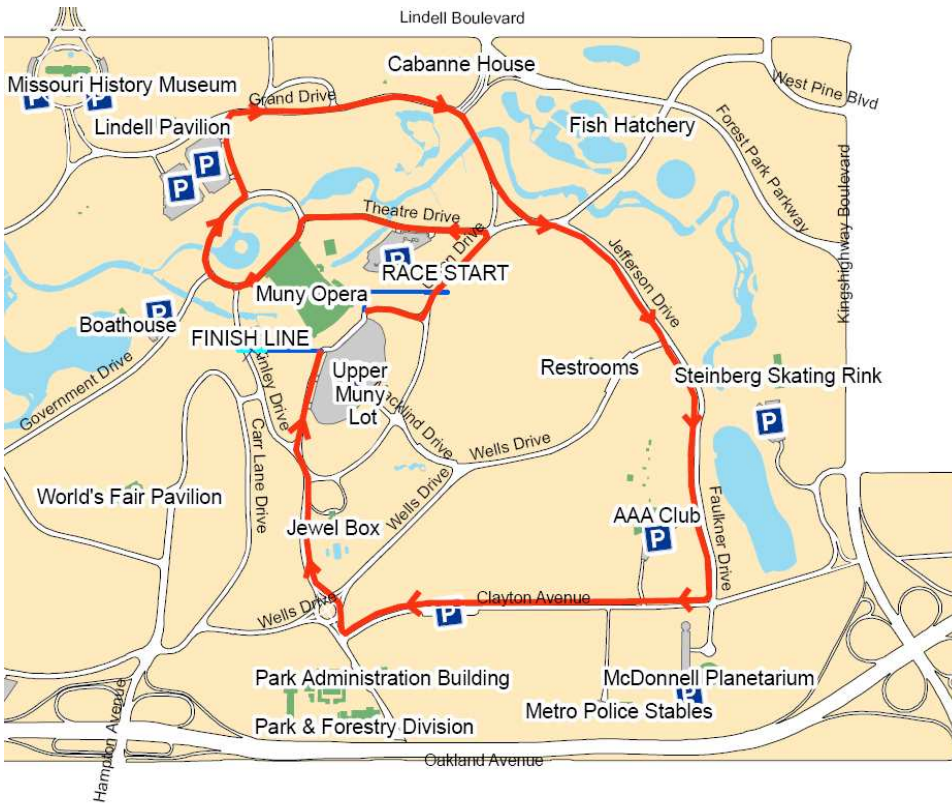
Division (Circle One): Men Women COED Walker

Waiver of Liability and Consent to Publication: Located On Backside of Registration Form

I, the undersigned, being eighteen (18) years of age or older, have read and understand the foregoing waiver (located on the back), accept and agree to its terms and sign it voluntarily.

5K _____ 10K _____ 10K _____ 5K _____
 (Parent's Signature if under 18) (Parent's Signature if under 18) (Parent's Signature if under 18) (Parent's Signature if under 18)

Option: I cannot run or walk the Event; I would like to donate \$ _____ to the Christian Activity Center.



Special Thanks:

Ghisallo Running
 Powerade
 SplitMaster Timing & Race Management
 Trader Joe's Neighborhood Grocery: Brentwood

General Rule

Team Matrix: Teams shall consist of four (4) runners. Teams must carry the designated Velcro timing device, passing it from runner to runner at the transition point.

Rules Concerning Runners

1. **Running Order:** Teams members will run in the following fixed order:

Runner 1	5-K
Runner 2	10-K
Runner 3	10-K
Runner 4	5-K
2. **Substitution Rule:** If for medical reasons a runner cannot complete a section, another runner may take over. The substitute must be either the next runner in sequence or the previous runner in sequence. For example, if runner 3 is injured, only runner 2 or 4 may take over. Substitutes must complete all remaining sections for the injured runners they replace, as well as their own sections. If teams do not follow this rule they can finish the race but will not be eligible for awards.
3. **Timing Device Exchange:** Runners will strap the designated Velcro timing device above their ankle. The Velcro timing device must be passed from one runner to the next at the specific Transition point. Timing is paused and restarted by the professional timer at the transition point.
4. **Running course will be thoroughly marked by cones.**
5. **Wrong Turn:** Runners who take a wrong turn must return to the course where they left it and continue on the correct route.

Safety Rules

1. **No Headphones:** Runners may not wear headphones or any other equipment that interferes with their hearing.
2. **Water:** Water must be provided by runners.

Rules Concerning All Participants

1. **NO LITTERING:** Participants must leave *no litter* on the course, nor the Start/Finish point. Your assistance would be greatly appreciated. Teams are encouraged to use the trash bags provided at the Start/Finish point.
2. **Restrooms provided at the Start/Finish area**
3. **Parking provided at the Start/Finish area**

Violation of any rule may result in assessment of time penalties or disqualification of the runner or the team.

**THIS IS A FULL AND FINAL RELEASE
 READ CAREFULLY BEFORE SIGNING**

Waiver of Liability and Consent to Publication

In consideration of my participation in the Run 4 Kids 30K Relay and 5K Walk (hereafter the "Event"), I, the undersigned, for myself, my heirs, executors, administrators and assigns, do hereby RELEASE, WAIVE AND FOREVER DISCHARGE Christian Activity Center, Forest Park Forever, Inc. and the City of St. Louis, Missouri, and each of their respective affiliates, subsidiaries, directors, officers, members, managers, directors, representatives, employees, agents, successors and assigns (collectively, the "Releasees") from all liability to me for any and all loss, property damage and/or personal injury, including death, whether caused in whole or in part by the negligence and/or fault of the Releasees or otherwise, directly or indirectly resulting from, in connection with or arising out of my participation in the Event. I further acknowledge that participation in the Event includes known and unknown risks, including without limitation, the risk of personal injuries, including death and/or damage to or loss of property, and I hereby personally, voluntarily, and expressly assume all risks and take full responsibility for all such personal injuries, including death and/or damage to or loss of property from any cause whatsoever. I attest and verify that I am physically fit and have sufficiently trained for participation in the Event. I further agree that all photographs, video tapes, and/or audio tapes taken or recorded of me by the Releasees, in connection with my participation in the Event, shall be the exclusive property of the Releasees and may be published, reproduced, exhibited, broadcast, televised, copyrighted, sold, assigned and used in any manner whatsoever without further consent from or payment to the undersigned who hereby forever releases and discharges the Releasees from any claims, actions, damages, or demands whatsoever by reason of any such use.

I, THE UNDERSIGNED, BEING EIGHTEEN (18) YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE FOREGOING WAIVER, ACCEPT AND AGREE TO ITS TERMS AND SIGN IT VOLUNTARILY.

Sign front Registration Form for Eligibility (Located on the Front Side)

Unsigned Contenders---Not Valid