

NEW ASICS Premiums—Long-sleeve shirts/ Running pants 29th ANNUAL SNOWBALL SERIES

SPONSORED BY

GATEWAY ATHLETICS-ST. LOUIS & Marathon Sports

Winter Fitness for All Runners and Walkers

This Snowball Series is designed to assist area runners and walkers to prepare for the THIRD OLYMPIAD MEMORIAL HALF MARATHON and 10,000METER RUN that will be held on Sunday, February 22, 2009, or a spring marathon. For those planning to run the half marathon or just wanting to build up their running mileage through the winter, a series of longer distance events is scheduled. For those seeking to stay in shape during the winter months, we offer a series of shorter events. **We welcome everyone from the most competitive runners to beginners entering their first event.** Events may be cancelled or postponed under extreme weather conditions. Listen to radio and TV concerning cancellations. The race director reserves the right to alter the distance of any event for the safety of the participants.

MARATHON DIVISION		MINI DIVISION	LOCATION	DATE	TIME
1	15 Kilometers	3 Miles	Queeny Park	Sat., December 6	8:30 a.m.
2	Half Marathon	4 Miles	Marathon Sports	Sun., December 21	7:15 a.m.
3	20 Kilometers	5 Miles	Marathon Sports	Sun., January 4	7:15 a.m.
4	25 Kilometers	3 Miles	Marathon Sports	Sun., January 18	7:15 a.m.
5	10 Miles	4 Miles	Marathon Sports	Sun., February 1	7:15 a.m.

Queeny Park Directions: Take I-270 to Manchester, west, 3 miles to Weidman, north ½ mile to park entrance. **Marathon Sports Directions:** NE corner of Woods Mill Road (Hwy. 141) and Olive in Chesterfield (NOT Chesterfield Mall), 3½ miles west of I-270.

SERIES ENTRIES—Special Premiums

Snowball Series entrants have the option of 2 different entry packages: 1) receive long-sleeve **ASICS Hydrology shirt** or 2) **ASICS Hydrology shirt AND ASICS Hydrology loose-fit running pants (\$50 value)**. The shirt is embroidered with Series logo, both shirt and pants available in Men and Women's sizes. All Series entrants receive a commemorative insulated coffee mug. Series awards presented at conclusion of final races based on point totals. Participation ribbons to all finishers on race day.

SERIES POINTS

Series awards on February 1, distributed to the top point scorers for each age group in both divisions, based on entries. **To be eligible for a trophy you must register for the entire series** prior to the first race, and run a minimum of three races. The top 10 finishers of each age group for each race will be awarded points, as follows:

1st - 11 points	5th- 7 points	8th- 4 points
2nd- 10 points	6th- 6 points	9th- 3 points
3rd- 9 points	7th- 5 points	10th- 2 points
4th- 8 points		

AWARDS AT END OF SERIES BASED ON SERIES POINTS

MEN	MINI	MAR	WOMEN	MINI	MAR
*14 - under	4	-	*14 - under	4	-
15 - 19	7	1	15 - 19	7	-
20 - 29	4	3	20 - 29	3	2
30 - 39	6	5	30 - 39	5	3
40 - 49	6	5	40 - 49	5	3
50 - 59	5	4	50 - 59	4	2
60 - 69	5	2	*60 - Up	3	1
*70 - Up	2	-			

*Mini division only Marathon division is 19-under for men and women, 60-Up for men and 50-Up for women.

REGISTRATION AND ENTRY FEES

Level 1 ASICS SHIRT, mug, series points, ribbons:
\$45 by Nov. 10 / \$50 by Nov. 24 / \$55 thru 12/6

Level 2 ASICS SHIRT AND ASICS PANTS, mug, series points, ribbons: \$73 by Nov. 10, only available thru Nov10
The Series fee includes 5 races, listed merchandise, coffee mug, series awards, refreshments, and ribbons. Points scored only for the division (marathon or mini) for which you register.

Survivors Club award to those who finish all 5 races. Entry fees are not refundable. We accept check or cash only, no credit or debit cards.

Individual Race: \$5.00 on race day; Register on race day, or anytime during week prior to race at Marathon Sports.

Survivor's Club Gift

Participants who complete all five events receive a Survivors Club Gift. We hope this will give everyone a little extra incentive to keep up training through the St. Louis winter.

RACE CHECK-IN AND NUMBER PICK-UP

Race packets will be available Wed. Dec. 3 from 10:00-4:00, Thurs. Dec 4 from 10:00-5:00 and Friday Dec. 5 from 10:00-7:00 at Marathon Sports and on race day, Sat. Dec.6, at Queeny Park, from 7 a.m. to 8:15 am. Pick up A NEW NUMBER prior to EACH future race at Marathon Sports the day prior to the race from 10:00-5:00, or on race day from 6:15 to 7:00. **Facilities include toilets, but these are limited, so please come prepared to run.**

FOR FURTHER INFORMATION: Call Gateway Athletics/ Marathon Sports at (314) 434-9577.

www.marathonsports-stlouis.com

SNOWBALL SERIES ENTRY FORM

Return completed form and proper fee (**check payable to Gateway Athletics**) to: SNOWBALL SERIES, 13453 Chesterfield Plaza, Chesterfield, MO 63017. Fee received by **Nov. 10 is \$45.00 (SHIRT ONLY)** or **\$73 (SHIRT AND PANTS)**; by **Nov. 24 is \$50.00 (SHIRT Only)**; to **Dec. 6 is \$55.00 (SHIRT Only)**.

Please Print

NAME _____ AGE 12/6/08 _____ MALE FEMALE

STREET ADDRESS _____ PHONE: _____

CITY, STATE, ZIP _____ DIVISION: MARATHON MINI

Entry Fee: Level 1:

ASICS Hydrology Long-sleeve shirt, by 11/10: \$45

ASICS Hydrology Long-sleeve shirt, by 11/24: \$50

ASICS Hydrology Long-sleeve shirt thru 12/6: \$55

Level 2:

ASICS Hydrology Long-sleeve shirt and Running Pants only until 11/10: \$73

Entry Fee Enclosed: \$ _____

Long-sleeve shirt size Preferred: Men: M L XL or Women S M L

Running pant size (Level 2 : Men: M L XL or Women S M L

MAKE CHECKS PAYABLE TO GATEWAY ATHLETICS. ENTRY FEES ARE NOT REFUNDABLE.

RELEASE: In consideration of the acceptance of my entry, I for myself, my executors, administrators and assigns do hereby release and discharge Gateway Athletics-St. Louis, Road Runners Club of America., Marathon Sports, the County of St. Louis, City of Chesterfield, City of Maryland Heights and all other sponsors from all claims or damages, demands and actions whatsoever in any manner arising or growing out of my participation in said events. I attest and verify that I have full knowledge of the risks involved in these events and I am physically fit and trained to participate in the events.

ENTRANT'S SIGNATURE _____

Date _____

(Parent/guardian's signature if under 18 years of age)