



3K Run/Walk Sat. Evening Aug. 21 –6:30pm

Part of the
SOUTH CITY
racing series

Race Day

- Race-day registration/packet pick begins at 5:30pm at Mason School, Southwest and Sulphur (1 block west of Hampton)
- **3K Run/Walk begins at 6:30pm**
- **Kid's Run at 7:30pm**

Entry Fees

- Pre-registration: \$15.00 postmarked by Aug. 2
- Late/Race Day Registration: \$20.00 (after Aug. 3)
- St. Louis Track Club members may deduct \$5.00

Pre-Race Packet Pick-Up

- Friday, Aug. 20, 9:00am—12 noon at St. Louis Track Club Office, 6136 Southwest Ave in Clifton Heights.

3K (1.86 Miles) Run/Walk

- Accurately measured course thru Clifton Heights neighborhood, rich in history and varying single-family architectural styles finishing in Clifton Park.
- Awards to overall male and female and to top finishers in 10 year age groups, 19 & Under to 70 & Over.
- Event t-shirt to all entrants (enter early to insure correct size).

Kids Run

- Free to all kids 10 and under
- Course—1/2 mile loop around Clifton Park
- All participants receive participant ribbon

Saint Louis Track Club

www.stlouistrackclub.com
For information or to Volunteer
Call 314.781.3926

CLIFTON HEIGHTS 3K Registration Form

Please make checks payable and mail this form to: **ST. LOUIS TRACK CLUB**, 6136 Southwest Ave., St. Louis, MO 63139

Name: _____ Phone (evenings): _____

Address: _____ Age on Race Day (8/21/10) _____

City/State/Zip: _____ Circle Gender: Male Female

E-Mail: _____ Circle T-Shirt Size: S M L XL

Circle One Event Entered: 5K Run/Walk Kids Fun Run SLTC Member? Y / N

Please enter total race fee enclosed: \$ _____

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 the St. Louis Track Club, Clifton Heights Neighborhood Association or the City of St. Louis, 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: _____ PARENT (IF UNDER 18) _____ DATE _____