

Registration

5K Run/Walk 1 Mile Fun Run

Please complete this form, pre-registration must be postmarked by **March 12, 2010**.

Name:(Please Print) _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Age: (as of 3/27/10) _____

E-mail: _____

Gender: Female Male

T-Shirt Size: S M L XL XXL XXXL

Shirts are 100% Cotton 5.5oz and unisex adult sizes.

Entry Fee:

\$15.00 Pre Registration Post-Marked by March 12, 2010

\$15.00 Sleep-In Option—support the event from the luxury of your bed! T-Shirts can be picked up at:
JCDDRB Service Coordination Office
1375 YMCA Drive, Festus, MO 63028
March 26th-April 2nd between 8am-4pm

\$5.00 Individuals receiving services through
St. Louis Regional Center and JCDDRB.

\$20.00 After March 12, 2010

Packet Pick-up Day of Event at Registration.

MUST SIGN WAIVER TO PARTICIPATE.

In consideration of the acceptance of my entry, my heirs, executors, administrators, and assignees do hereby release and discharge the JCDDRB, TOGETHER group, 5K Race Committee, sponsors, organizers, the City of Festus, their officials and members of all claims and damages, demand and action whatsoever in any manner incurred by my participation in the 5K Race, 5K Walk, 1 Mile Events on March 27, 2010. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in the event. I also release the use of my name or any record of my participation in this event for promotional or publicity purposes without remuneration or obligation to me.

Participant/Guardian Signature _____

Event Schedule

Saturday, March 27, 2010

West City Park, Festus, MO 63028

6:30 a.m. - 7:15 a.m.

Registration

7:20 a.m.

Welcome Introduction
Course Details

5K RACE START TIME!

7:30 a.m.

Awards immediately following

1 Mile Fun Run/Walk

START TIME!

9:00 a.m.

Event Details

Refreshments:

Available at the start/finish line and along the course.
Participants can bring their own beverages.

T-shirt:

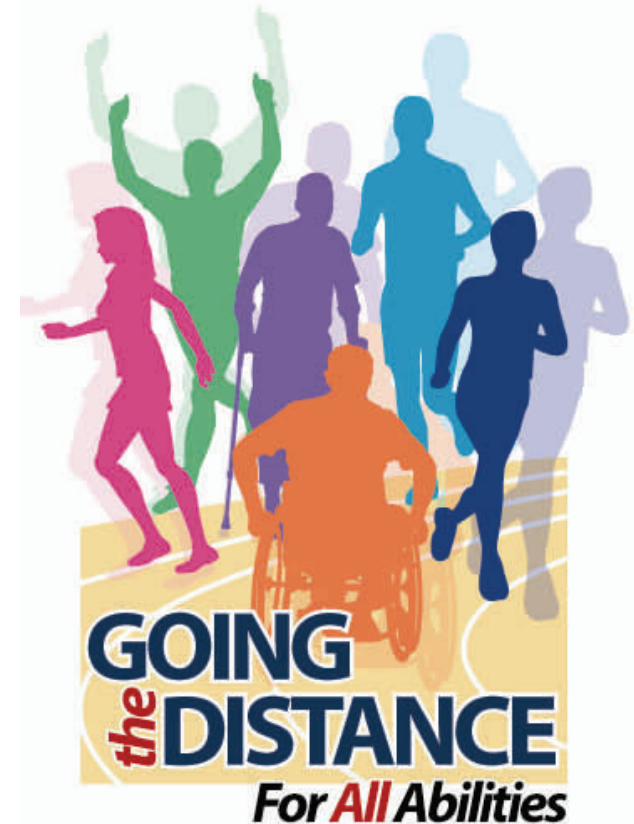
Guaranteed for all pre-registered attendees.
Race-day entries are not guaranteed a t-shirt.
(First Come-First Serve)
Bib Numbers are to be worn on front of t-shirts.

Weather:

Rain or Shine
Will not be rescheduled due to weather.

TOGETHER

PRESENTS



5K & 1M Fun Run/Walk

Saturday, March 27, 2010

West City Park

Festus, MO 63028

Together

TOGETHER is an advisory group to the Jefferson County Developmental Disability Resource Board (JCDDRDB) and in turn other agencies who support people with developmental disabilities. Agencies and individuals working “together” can accomplish greater things than if they work alone.



All Proceeds Benefit the Barb McDowell Fund

The Barb McDowell Memorial Fund was established in 1999 in memory of Barb McDowell, former Executive Assistant for the JCDDRDB/DSJC. The fund provides for special expenditures where complete funding is not available. Examples are dental procedures and individual adaptive equipment not covered by other funding. All consumers of St. Louis Regional Center or JCDDRDB can submit an application of request.

Applications for funding may be requested by contacting your service coordinator or Mary McDowell, Executive Assistant, at (636) 933-0244 or (636)282-4400, or by e-mail at jcddrb@dsjc.org.

Prizes & Awards

Race Awards will be announced and distributed following the 5K race

5K Run Awards:

Trophies for overall male and female finishers

Medals for the first three male and female finishers in the following age groups:

0-14; 15-19; 20-24; 25-29; 30-34; 35-39;
40-44; 45-49; 50-54; 55-59; 60-64; 65 & Over

1 Mile Fun Run / Walk:
Ribbons to all participants

Directions

West City Park
National Guard Drive
Festus, MO 63028

From St. Louis:

Hwy. 55 South to Festus/Hillsboro Exit #175
Turn Right onto Veterans Blvd./MO-A,
Turn Right onto Collins Drive,
Turn Right onto West Main Street, Go 1/10 Mile
Turn Left onto Sunshine Drive,
Park will be on right 1.3 miles ahead.

From South of Festus:

Hwy. 55 North to Festus/Hillsboro Exit #175
Turn Left onto Veterans Blvd./MO-A,
Turn Right onto Collins Drive,
Turn Right onto West Main Street, Go 1/10 Mile
Turn Left onto Sunshine Drive,
Park will be on right 1.3 miles ahead.

Parking:

Parking available in lot across the street from the park. (near baseball/softball fields)

Park will be closed to vehicle traffic during event.

Sponsorship Opportunities

Friend Sponsor \$100.00

Business Name or One Color (Black) Logo included on Race T-Shirt (back), must be received by **March 12, 2010.**

Logo items (brochures, notepads, balloons, pencils, key chains, prizes, etc.) can be placed in the official race packet. Items received no later than **March 19, 2010.**

If using logo, please provide finished, camera-ready artwork.

Sponsor Name: _____

Name:(Please Print) _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____

E-mail: _____

I'd like to donate for the event (i.e. prizes, money, snacks).

My donation: _____

I'd like to volunteer for the event. Please contact me.

Please send form and payment by

March 10, 2010 to:

JCDDRDB

Attn: Going the Distance

P.O. Box 97 Mapaville, MO 63065

(make checks payable to JCDDRDB)

Amount Enclosed: \$ _____

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