



**37th annual St. Louis Classic**  
**Cross Country Kick-Off**  
**Saturday, July 31 Forest Park**

*Separate Races!*

Women start at 8:00 a.m. - Men start at 8:45 a.m.

Course records: Women - 17:05 Stephanie Hood (2008), Men - 14:46 Ben Rosario (2006).

Forest Park Central Ball Fields just east of the Jewel Box at Wells and Macklind

**5K (3.1 Miles)** Cross country loop course - great for spectators!

This event is run on grass, and spikes may be worn.

**Men's Teams** - 5 runners minimum, 7 maximum, **Women's Teams** - 3 runners minimum, 5 maximum. **NO MIXED TEAMS.**  
 Top 5 Men or Top 3 Women per team score. Awards based on lowest total team overall finish place.

Team ties broken by 6th man/4th woman.

**TO PROTECT HIGH SCHOOL AND COLLEGE ELIGIBILITY, RUNNERS SHOULD NOT REPRESENT THEIR SCHOOL BY TEAM NAME OR UNIFORM.**

**Team awards** - All 7 men or 5 women of the top teams in each of the following divisions:

- Junior Men & Junior Women (Each member 19 years & under)
- Open Men & Open Women (Team members any age)
- Masters Men & Masters Women (Each member 40 years & over)

**Individual awards** - Awards to top male and female finisher overall and in the following age groups:  
 13 & under, 14-15, 16-17, 18-19, five year age groups 20-79, and 80 & over.

The number of age group awards will be based on the number of participants per age group.

Team members are also eligible for individual awards.

**Individual and Team Registration:** Postmarked by 07/28: \$10 per runner. Postmarked after 07/28: \$12 per runner.  
 SLTC members may deduct \$3 prior to race day. Race day entry fee for all is \$15 per runner.

**Teams MUST use only one entry form, and please enter prior to race day.**

To volunteer, email the SLTC at 314-781-3926, visit [www.stlouistrackclub.com](http://www.stlouistrackclub.com) or email the office at [sltcoffice@yahoo.com](mailto:sltcoffice@yahoo.com).

**37TH ANNUAL ST. LOUIS CROSS COUNTRY KICK-OFF**

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

Circle Gender: Male Female    If team, circle division: Junior (19 & under)    Open (Any Age)    Masters (40+)

Team Name: \_\_\_\_\_ Please Enter Total Race Fee Enclosed: \$ \_\_\_\_\_

Captain: \_\_\_\_\_ Phone (evenings): \_\_\_\_\_

Name (print clearly)	Age	SLTC	Address (Street/City/State/Zip)	Signature or Parent Signature if under 18	member
_____	_____	(07/31/10)	_____	_____	Y / N
_____	_____	_____	_____	_____	Y / N
_____	_____	_____	_____	_____	Y / N
_____	_____	_____	_____	_____	Y / N
_____	_____	_____	_____	_____	Y / N
_____	_____	_____	_____	_____	Y / N
_____	_____	_____	_____	_____	Y / N

**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 race sponsors, the St. Louis Track Club 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.