In case of bad weather, check *stlouistrackclub.com* or *facebook.com/saintlouistrackclub* for race delays and cancellations.

2012-2013 FROSTBITE SERIES

New this year: The St. Louis Track Club is proud to be a major sponsor of the 2013 USA Cross Country Championships, which take place in Forest Park (Central Fields) on Sat., Feb. 2. **ALL** Frostbite Series participants receive a **FREE** entry into the FLEET FEET 4K or Big River Running Company HS 4K that morning. We encourage you to race and then stick around to watch America's best runners compete! For more info, see *www.usacrosscountrychampionships.com.* **This a bonus** to all Frostbite Series participants only and there will be no discount if you decide not to run in this **FREE** event. This event will NOT count towards points in the series. You must sign up for this event on the form below. In addition, the Cross Country Championship official performance race shirt will be offered at the discounted price of $10.

2012-2013 Frostbite Series Dates & Distances					Course maps available at stlouistrackclub.com/area_paths.htm	
	Sat., Dec. 15	**Sat., Dec. 29**	**Sat., Jan 12**	**Sat., Jan 26**	**Sat., Feb. 2**	**Sat., Feb. 9**
Short course	3K	2M	5K	4M	4K @ USA Cross Country Championships*	3M
Long course	12k	10M	20K	13.1M		15K

***BONUS:** *Cross Country Championships Sat., Feb 2. FLEET FEET 4K: 8:15 am, Big River Running Company HS 4K: 9 a.m.*

For each Frostbite event, all runners and short course walkers will start at 9am; long course walkers will start at 8:30am. Registration will be 7:30-8:45am.

Location & Courses: Frostbite Series events are accurately measured, entirely within Forest Park. Start and finish at Forest Park Visitor's Center. The Cross Country Championship event starts at the Central Fields in Forest Park.

Awards: Ribbons will be given at each race to the **top three finishers** in the following age groups: **12 & under, 13-14, 15-16, 17-19, five-year age groups 20-79** and **80 & over**. Your age on Dec. 15 will determine your age group for the Series. You must complete at least three races to be eligible for a Series award. There will be a minimum of 3 awards in each age group and a maximum of 5 awards in each group dependent upon the number of entries in each age group. Your best four races will be awarded points based on the following scale:

1st - 50 points	**5th** - 30 points	**9th** - 10 points
2nd - 45 points	**6th** - 25 points	**All finishers receive 5 points**
3rd - 40 points	**7th** - 20 points	
4th - 35 points	**8th** - 15 points	

Frostbite Series online registration: sltcfrostbite.racesonline.com

To be eligible for Series awards you must sign up for the entire Series by the second race.

Registration: 5-Race Series: Postmarked by Dec. 7: $70. Postmarked after Dec. 7: $80. SLTC members deduct $15. *Renew/become an SLTC member before the Series to get the member discount!* **Individual Race**: $20 on race day. **SLTC members for 2013** may deduct $5.

For information: Contact the SLTC at 314-781-3926 or sltcoffice@yahoo.com or go to stlouistrackclub.com.

Long-sleeve performance shirts to series entrants only (available AFTER 2nd event)

2012-2013 ST. LOUIS TRACK CLUB FROSTBITE SERIES

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

Name:_____ **Phone:**_____

Address:_____ **Age** (on Dec. 15 if Series entrant, otherwise on race day):_____

City/State/Zip: _____ **Email** (required for race-day info): _____

For Series entrants, circle type: LONG SHORT **Series T-shirt Size** (men's sizes): XS S M L XL **Circle Gender:** M / F

For Series Entrants, please choose one of these two USA Cross-Country Championship events on Feb. 2: FLEET FEET 4K or BIG RIVER RUNNING COMPANY HS 4K

USA Cross Country Championship shirt: Y/N (if yes, please enclose an additional $10) **Size (XS-XXL):** _____ **Men's or Women's:**_____

If not a series entrant, circle the individual race(s): 12K 3K 10M 2M 20K 5K 13.1M 4M 15K 3M

SLTC Member? Y / N **SLTC #**_____ **If not a member, would you like information about joining?:** 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 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