

# Saint Louis Track Club



# 2007-2008 FROSTBITE SERIES

**Dates/Distances:**

Dates and distances are as follows:

Sat, December 15th 12K / 3K  
Sat, December 29th 10M / 2M  
Sat, January 12th 20K / 5K

Sat, January 26th 13.1M / 4M  
Sat, February 9th 15K / 3M

For each event, all runners will start at 9:00am and long-series walkers only at 8:30am. Registration will take place between 7:30am and 8:45am.

**Location/Courses:**

Accurately measured, entirely within Forest Park. Start and finish at the Forest Park Visitor's Center.

**Individual Race 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 20-69, and 70 & over.

**Series Awards:**

Your age on December 15th will determine your age group for the series. You must complete at least three races to be eligible for a series award. 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	

The top point scorers in the age groups listed above will receive series awards. The number of age group awards will be based on the number of participants per age group.

**Registration:**

**5-Race Series:** Postmarked by 12/8: \$45 Postmarked after 12/8: \$50. SLTC members may deduct \$10. *To be eligible for series awards you must sign up for the entire series by the second race.*

**Individual Race:** \$7 on race day. SLTC members may deduct \$2.

**For Information or To Volunteer:**

Call the St. Louis Track Club at 314-781-3926.

**Long-Sleeve Performance Fabric Shirt to All Series Entrants (shirts available at second event)**

## 2007-2008 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 (evenings): \_\_\_\_\_

Address: \_\_\_\_\_ Age (on 12/15 if series entrant, otherwise on race day): \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Circle Gender: Male Female

If a series entrant, circle type: LONG SHORT Series Entrants Circle T-Shirt Size: S M L XL

If not a series entrant, circle the individual race: 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: \_\_\_\_\_ DATE \_\_\_\_\_

PARENT (IF UNDER 18)

DATE