



# Saint Louis Track Club 2008 Road Series

**Dates/Distances:** Dates and distances are as follows:  
 Wednesday, April 23rd 10K                      Wednesday, May 14th 5K  
 Wednesday, April 30th 5 Miles                      Wednesday, May 21st 3K  
 Wednesday, May 7th 4 Miles  
 For each event, all runners will start at 6:15 p.m. and walkers at 6:00 p.m. Registration will start at 5:00 p.m.

**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: 13 & under, 14-19, five-year age groups 20-69, and 70 & over.

**Series Awards:** Your age on April 23rd 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 04/16: \$35 Postmarked after 04/16: \$40. 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:** \$6 on race day. SLTC members may deduct \$2.

**For Information or To Volunteer:** Call the St. Louis Track Club at 314-781-3926.

**Custom Designed Short-Sleeve Shirt to All Series Entrants (shirts available at second event)**

## 2008 ST. LOUIS TRACK CLUB ROAD SERIES

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 04/23 if series entrant, otherwise on race day): \_\_\_\_\_

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

Series Entrants Circle T-Shirt Size: S M L XL Circle: runner walker

If not a series entrant, circle the individual race: 10K 5 Miles 4 Miles 5K 3K

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