



MAY 15, 2010

1-MILE FUN RUN STARTS AT 5PM
5K RUN/WALK STARTS AT 6PM



Mail completed form and fee to: **LiveWell Ferguson Run ~ 110 Church Street ~ Ferguson, MO 63135**

Fill out a separate form for each participant – Please print neatly.

Last Name: _____ First Name: _____ MI: _____
 Address: _____
 City / State / Zip: _____
 Phone #: _____ Email: _____
 Gender: Male Female Date of Birth: _____ Age: _____

Waiver Must Be Read and Signed Before Mailing:

In consideration of the acceptance of my entry, I, the undersigned participant, and, if less than 18 years of age, my parent or guardian, intending to be legally bound, do hereby ourselves, and heirs, executors, administrators and assigns, forever waive, release and discharge any and all rights, claims and actions for damages that we or any of us may have, or that may hereafter accrue to us or any of us, against and all persons, organizations and entities associated with the event, including but not limited to the City of Ferguson, Emerson Family YMCA, Big River Running, any and all sponsors of the event, volunteers, and individual race organizers, arising out of or in connection with my entry in, travel to, participating in, and returning from the Live Well Ferguson 5K run/walk and 1-mile fun run. I attest and verify that I am physically fit and sufficiently trained to participate in this event and that I understand that I am responsible for my own safety while participating in this event, and the post-race activities. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. I also give permission for the free use of my name and/or pictures in broadcasts, telecasts, newspapers, posters, advertising, etc for any future event given by one of the organizations and entities associated with the event, including but not limited to the City of Ferguson, Big River Running, and any and all sponsors of the event. **I understand that the entry fees are non-refundable.** Sorry, no baby joggers, strollers or pets allowed in the 5K race/walk.

Signature _____
(Parent or Guardian if under 18)

Date _____

Please choose one Option:

(All 5k entries include a t-shirt.)

- (Circle T-shirt Size)
- 5K run/walk \$15 XS S M L XL
 - 5K (after May 10, 2010) \$20 XS S M L XL
 - 5K (age <12) \$10 XS S M L XL
 - 1-mile (w/ shirt) \$10 XS S M L XL
 - 1-mile (w/out shirt) \$5
 - 1-mile Team Rate (Register 4 get 1 free) - All forms need to be mailed together to qualify for team rate.

Please Make Checks Payable to:

LiveWell Ferguson Run

All proceeds (after expenses) benefit scholarships for youth to attend camp programs at the Emerson Family YMCA.

**You can also register online by visiting
www.livewellferg5k.com**

Return this portion with your fee. Keep this portion for your records.

PACKET PICK-UP: It is suggested that you pick up your packet the morning of the race at the Ferguson Farmer's Market (20 S. Florissant, 63135 at the Victorian Plaza) between 8am and Noon. You will also be able to pick up your packet at 4pm at the Corner Coffee House (100 N. Florissant.)

RACE DAY INFORMATION:

- Day of Race Registration: 4-5 pm at the Corner Coffee House
- Start of one-mile fun run: 5 pm
- Start of 5K run/walk: 6 pm
- Post-Race Festivities/Concert: 6:30 pm
- Awards Ceremony: 8 pm

AGE DIVISIONS:

12&under	40-49
13-19	50-59
20-29	60-69
30-39	70&up

AWARDS & PRIZES:

- Everyone who finishes the 5k run/walk and the one-mile fun run will receive a memorable token of the race.
- 1st-place 5K finishers (male and female) will win a custom trophy and a pair of running shoes from Big River Running
- The top 3 finishers in the 5K (male and female) will win a trophy

PARKING: See website for parking locations.

5K COURSE: The course winds through scenic, historic downtown Ferguson with some challenging hills early on followed by a downhill fast to the finish. You won't want to miss this Thinking Man's Course!

"Race Course is USATF Certified"

**For more information and a complete list of sponsors, visit
www.livewellferg5k.com**