

Mighty Mito says...  
Let's take "One Step Closer to a Cure"



## “MITO-WHAT?”

# 7th Annual 5K Run and Family Fun Day

Also includes Fun Walk • 1/2 Mile Kids' Run • Free Family Activities

**Date:** Saturday, April 3, 2010  
**Time:** 9 AM—Noon: 5K/Fun Walk at 9 AM, Kids' Run at 10 AM  
**Location:** Shrine of Our Lady of the Snows  
2 miles East of I-255 on Route 15 in Belleville, IL

### Awards for Run Participants

- Top 3 overall male and female winners receive trophies
- Awards to be given in each age division
- Medals to all Kids' Run finishers (age 12 and younger)

**5K Cash Awards**  
**Top 2 Male & Female**

**1<sup>st</sup> \$50.00**

**2<sup>nd</sup> \$25.00**

**Entry Info:** \$15.00 in advance—postmarked by March 27, 2010  
\$20.00 for late entries or day of race

*First 300 paid registrants are guaranteed a T-shirt*

**Race and walking teams encouraged!**

**Kids' Run is FREE (no T-shirt)**

Registration from 8:00-8:45 AM race day

Packet pick-up day of the event

**Divisions by Male & Female age**

**groups:** 15 & under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & older.

- ▶ Free Food and Refreshments ▶ Free Bounce Houses ▶ Free Interactive Inflatables ▶ Free Face Painting  
▶ Crafts ▶ Clown ▶ Attendance Prizes ▶ Great On-Site Raffle

**All proceeds benefit United Mitochondrial Disease Foundation ([www.umdf.org](http://www.umdf.org))**

*For information call: Marsha Hohe (618) 233-6919 or Joni Schnitzler (618) 624-0216*

### REGISTRATION FORM

**Register online at [www.umdf.org/stlouisrace](http://www.umdf.org/stlouisrace)**

— OR —

**Complete and mail this form**

**Make Checks Payable to:** United Mitochondrial Disease Foundation (UMDF)

**Mail form with entry fee to:** Joni Schnitzler, 214 Shiloh Station Rd, Shiloh, IL 62269

***Registrations must be postmarked by March 27, 2010 for advance price.***

Name \_\_\_\_\_ Circle one: 5K Fun Walk Kids' Run

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Gender (circle one) M F Age on 4/3/10 \_\_\_\_\_

E-Mail Address \_\_\_\_\_ Adult Shirt Size (circle one:) S M L XL

Team Name (if applicable) \_\_\_\_\_

**Waiver of Liability:** *In consideration of this entry, I the undersigned, intending to be legally bound hereby to myself, heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the "Mito What?", UMDF, the Oblates of Mary Immaculate, and the National Shrine of Our Lady of the Snows and all representatives, successors, assignees, and all sponsors for any and all injuries suffered by me in said event. Further, I hereby grant full permission to any and all of the foregoing to use my photograph or any other record of the event for legitimate purposes.*

Signature \_\_\_\_\_

(Required of all participants. Parent's signature required if under 18 years of age)

**Thank you for your support to find a cure!**

