

Renaud Spirit Center Run

5K Run/Walk or 1 Mile Kids Run/Walk

- Date/Time:** Sunday, March 21, 2010. 5K starts at 8:00am. 1 Mile Kids Run will start after the completion of the 5K. 1 Mile participants please arrive by 7:50am to avoid interfering with the start of the 5K race.
- Location:** Renaud Spirit Center, 2650 Tri Sports Circle, O'Fallon, MO 63368
- Packet:** Packet pick-up will be from 10:00am to 3:00pm on Saturday, March 20 at the Renaud Spirit Center and from 6:45a-7:45a on race day. A map of the course will be included in your packet. You may also view it online at our website www.renaudspiritcenter.com.
- Course:** The 5K and 1 mile Kids Run/Walk will be held outside the Renaud Spirit Center through the city's beautiful Sports Park.
- Registration:** 5K Run/Walk individual entry fee is \$19 for 15 years of age and up and \$14 for kids 14 and under. 1 mile Kids Run individual entry fee is \$13 for 15 years of age and up and \$11 for kids 14 and under. A \$5 late fee will be charged from March 12-March 20. A \$10 late fee will be charged for race day registration. You may register by coming to the Renaud Spirit Center, mail in a registration, or visit us on the web at www.renaudspiritcenter.com Please call 636-474-2REC if you have any questions. Registration is limited to 300 competitors.
- Awards:** Participation awards to all participants in the 1 mile Kids Walk/Run. 5k Run/Walk Male and Female awards – Top 3 finishers overall and awards to the top 3 finishers in 6 age groups: 14 & under, 15-19, 20-29, 30-39 40-49, 50-59 and 60+.
- Post Race:** At the conclusion of the event we will be raffling off attendance prizes and conducting an awards ceremony.

2010 Renaud Spirit Center Run
 Make checks payable to: City of O'Fallon
 Mail to: Renaud Spirit Center, Attn: Race Director, 2650 Tri Sports Circle, O'Fallon, MO 63368.

5K Run/Walk 1 mile Kids Run/Walk

Name _____ Phone (evening) _____

Address _____ City _____ State _____ Zip _____

Emergency Contact _____ Emergency Contact Phone _____

Age (on 3/21/10) _____ E-mail address _____ Date of birth _____

Circle One: Male Female Circle T-Shirt Size S M L XL XXL

WAIVER AND RELEASE IMPORTANT INFORMATION

The O'Fallon Parks and Recreation Department is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regards. The City of O'Fallon continually strives to reduce risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for the above listed programs must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way, or recently suffered illness, injury, or impairment, to consult a physician before undertaking any activity.

WARNING OF RISK

Recreational activities/programs are intended to challenge and engage the physical, mental, and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury and/or death when participating in any recreational activity/program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers, and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreational activities/programs exist. In this regard, it must be recognized that it is impossible for the O'Fallon Parks Department to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in the above identified programs/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims, damages, or losses which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs/activities (including transportation services/vehicle operation, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participate in these programs/activities, and I voluntarily agree to assume the full risk of any and all injuries, damages, or losses, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs/activities against the City of O'Fallon, including its agents, elected officials, employees, and volunteers (hereinafter collectively referred to as "City of O'Fallon).

I do hereby fully release and forever discharge the City of O'Fallon from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with these programs/ activities.

I also agree to grant full permission to the City of O'Fallon to use my name, photo, video, or recording for publicity or promotional purposes without obligation or liability to me or my family.

I have read and understand the above important information, warning of risk, assumption of risk and waiver of all claims.

Signature _____ Date _____

(If Under 18, Parent or Guardian) _____ Date _____