



# LAHOMA GEBKEN MEMORIAL 5K RUN AND 1M FUN RUN/WALK

DATE/TIME: APRIL 24, 2010 - 8AM

LOCATION: START AND END IN ARNOLD PARK (#1  
BRADLEY BEACH RD ARNOLD, MO.)

ENTRY FEE: \$15 ON OR BEFORE -APRIL 1, 2010---\$20 ON  
OR BEFORE ---APRIL 23, 2010- \$25 ON RACE DAY.

**FEES ARE NON-REFUNDABLE**

PROCEEDS FROM THIS EVENT WILL BENEFIT A  
SCHOLARSHIP TO ST. FRANCIS OF ASSISI IN THE NAME  
OF LAHOMA GEBKEN

TROPHIES WILL BE AWARDED TO TOP THREE IN EACH  
AGE GROUP AS WELL AS FIRST MALE/FEMALE OVERALL  
BEGINNING WITH 14 AND UNDER, 15-19, 20-24, 25-29, 30-  
34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 & 70  
PLUS

PACKET PICKUP IS 4556 TELEGRAPH ROAD, OAKVILLE,  
MISSOURI 63129 AT ST FRANCIS OF ASSISI IN THE GYM

OR RACE DAY 6:30AM TO START OF RACE AT  
ARNOLD PARK

\*POST RACE MASSAGES, ATTENDANCE PRIZES,  
REFRESHMENTS

\*PARTICIPANTS WILL RECEIVE A RACE T-SHIRT IN  
THEIR RACE PACKETS

CONTACT 314.775.1623 / [GINASOK3@CHARTER.NET](mailto:GINASOK3@CHARTER.NET)  
FOR MORE INFORMATION OR GO TO  
[WWW.SFASCHOOL-STLOUIS.ORG](http://WWW.SFASCHOOL-STLOUIS.ORG)

MAIL FORM & ENTRY FEE TO: [ST. FRANCIS OF ASSISI  
SCHOOL \(ATTN GINA SOKOLICH\) 4550 TELEGRAPH  
ROAD  
SAINT LOUIS, MO. 63129](#) CHECKS MADE TO ST. FRANCIS  
OF ASSISI ~

NAME \_\_\_\_\_ AGE \_\_\_\_\_  
E-MAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ RACE ENTERING (5K OR  
1M WALK / RUN)

SHIRT SIZE ~ ADULT S M L XL OR CHILD M L  
MALE OR FEMALE

SIGNATURE \_\_\_\_\_  
DATE \_\_\_\_\_

WAIVER: IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I UNDERSTAND, I THE  
UNDERSIGNED, INTENDING TO BE LEGALLY BOUND, HEREBY FOR MYSELF, MY HEIRS  
AND ADMINISTRATORS, WAIVE AND RELEASE ANY AND ALL CLAIMS FOR DAMAGE,

DEMANDS, ACTIONS AGAINST THE ST. FRANCIS OF ASSISI 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 GRANT FULL PERMISSION FOR THE FREE USE OF MY NAME AND/OR ANY PHOTOGRAPHS, VIDEOTAPES, MOTION PICTURE RECORDINGS, OR ANY OTHER RECORD OF THIS EVENT FOR LEGITIMATE PURPOSES.