



# Whitecliff Valentine Trail Run

10 a.m., Saturday,  
Feb. 13, 2010



## Where:

In the hilly, picturesque woods and fields of the 90+ acre Whitecliff Park in Crestwood, Missouri, next door to Grant's Farm

**Fees:** \$15/runner (\$30/couple) prior to Feb. 1  
\$20/runner (\$40/couple) starting Feb. 1

## Registration:

Mail in an entry form or stop in the Crestwood Community Center.

Mail entry forms to:

Trail Run  
Crestwood Community Center  
9245 Whitecliff Park Lane  
Crestwood, MO 63126

Race day registration will be at the Community Center from 8– 9:45 a.m.

*Due to the nature of trail races and to minimize impact on the trails, we will be limiting the entries to the first 150 runners to register. No exceptions will be made.*

## Packet Pick-up:

At the Crestwood Community Center on Friday, Feb. 12, from 10 a.m. to 6 p.m. and Saturday, Feb. 13, from 8 a.m. to 9:45 a.m.

## Shirts:

The first 100 runners to register will receive shirts. We will try to honor shirt size requests but shirts are on a first come - first served basis.

## Volunteers needed –

Call 314-729-4860 or email [tstover@ci.crestwood.mo.us](mailto:tstover@ci.crestwood.mo.us) to help

## Water and Refreshments:

At the start/finish and ½ way point on the trail.

## Awards:

Couples 1<sup>st</sup> – 3<sup>rd</sup> place overall & age division: combined age 39 and under, 40-59, 60-79, 80-99 and 100 and over

1<sup>st</sup> in Men's and Women's age divisions (19 & under, 20-29, 30-39, 40-49, 50-59, 60+)

*Couples must be made up of one male and one female runner. Runners are only eligible to win in one category or division.*

## Course:

A double loop on the trails and roads in Whitecliff Park - 3.5 miles total length with little on pavement and some rough single-track.  
<http://www.usatf.org/routes/view.asp?rID=170097>

## Course Records:

Couple's:

Nikki Reed & Jason Difani 52.38 2009

Men's:

Zac Frendenburg 20.58 2009

Women's:

Mary White 26:44 2008

*DOOR PRIZES PROVIDED BY THE RUNNING CENTER WILL BE AWARDED AFTER THE RUN!*

*YOU MUST BE PRESENT TO WIN.*

***Come prepared...we will run in almost all conditions short of a flood or whiteout!***

*Should the City of Crestwood deem conditions to dangerous due to severe weather or dangerous trail conditions, the City will cancel the Trail Run and offer no refunds.*

# ENTRY FORM

Mail to: Trail Run, Crestwood Community Center, 9245 Whitecliff Park Lane, Crestwood, MO, 63126

I/we will be competing as a (check one):  Single  Couple

NAME \_\_\_\_\_ Age on 2/13/2010 \_\_\_\_\_ Sex M F  
Last First

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

Home Phone \_\_\_\_\_ Work/Cell Phone \_\_\_\_\_ Shirt Size: M L XL

E-mail \_\_\_\_\_

PARTNER'S NAME \_\_\_\_\_ Age on 2/13/2010 \_\_\_\_\_ Sex M F  
Last First

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

Home Phone \_\_\_\_\_ Work/Cell Phone \_\_\_\_\_ Shirt Size: M L XL

E-mail \_\_\_\_\_

## Combined Age Group:

39 and under  40-59  60-79  80-99  100 and over

Fee Enclosed: \$15/runner (prior to Feb. 1)  \$20/runner (starting Feb. 1)  Cash  Check

Card # \_\_\_\_\_ Ex. Date \_\_\_\_\_ MC Visa

### AGREEMENT TO RELEASE AND HOLD THE CITY OF CRESTWOOD HARMLESS

In consideration of the City's permitting my participation in the Program(s) specified above, I agree as follows:

I, for myself and my personal representatives, release and discharge the City of Crestwood, its agents, officers and employees, from all claims for personal injury, damage or loss of property, liability or expense, including attorney's fees, arising out of my participation in the above run notwithstanding any claim of fault or negligence (whether sole, concurrent or otherwise) on the part of the City, its agents, officers or employees.

I, for myself and my personal representatives, agree to defend, indemnify and hold the City of Crestwood, its agents, officers and employees, harmless against all claims which may be asserted by others for personal injury, damage or loss to property, liability or expense, including attorney's fees, occasioned by any of my acts or omissions not withstanding any claim of fault or negligence (whether sole, concurrent or otherwise) on the part of the City, its agents, officers or employees.

I do hereby grant and give the City of Crestwood the right to use my or my child's photograph or image for any publications or promotions of the activities or facilities of the City of Crestwood.

\_\_\_\_\_  
Signature of Participant (If under 18, Parent or Legal Guardian) Date

\_\_\_\_\_  
Signature of Participant (If under 18, Parent or Legal Guardian) Date

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Crestwood Parks and Recreation Department  
9245 Whitecliff Park Lane  
Crestwood MO 63126