

Ft. Zumwalt East High School



2nd Annual PAWS for a Cause



5K Walk/Run on Saturday, April 17th

This fun, family oriented event is located this year at Quail Ridge Park and benefits FISH of St. Charles County and Youth in Need(Project Safe Place), two great community organizations. FISH was founded in 1969 to serve the needy of St. Charles City and County. It is an all-volunteer organization committed to providing basic human requirements to those in need. Project Safe Place is a national crisis prevention program for children and teens. When young people need help they can go to local businesses designated as "Safe Place sites".

The race will be timed (officially by Fleet Feet). Refreshments and food items will be available to participants after the race. A restroom facility will be available at the park. Promotional event T-shirts will be given to all race day participants who register before March 12th, 2010. After that day, shirts will be handed out in order of registration, as present, and as on-hand quantities allow. Postcard confirmation of event registration will be sent April 2, 2010. See the Fleet Feet website for route details.

WE ENCOURAGE REGISTRATION BEFORE MARCH 12TH, 2010

7:00 to 7:50 A.M.	Event day registration -\$25.00
7:55 A.M.	Line up/Announcements
8:00 A.M.	5K walk/run begins (NO water stations in route!!)
Finish Line	Grab it 'n go refreshments and food for all participants after the race
9:00 to 11:00A.M.	Wellness Fair and Exhibit center



2010 PAWS for a Cause 5K Walk/Run Registration Form

Please print clearly.

Name: _____ T-shirt size*: S M L XL XXL

Mailing address: _____ City, State, Zip: _____

Emergency Contact: _____ Race day phone #: _____

Age Brackets: (circle one) 17 and under / 18 – 25 / 26 – 32 / 33 – 40 / 41+ Age on 4/17/10: _____

I am voluntarily participating in this event and hereby hold harmless the Ft. Zumwalt School District and all sponsors for any injury that may occur to me by participating in this activity.

Signature: _____ note: If under 18, a parent's signature is ALSO required!

Entry fee is \$15.00 for early registration (before March 12th), \$20.00 for late registration (March 12th-April 16th), and race day registration is \$25.00. All money will be donated to FISH of St. Charles County and Youth in Need(Project Safe Place). Entry fee is non-refundable. Event will be held rain or shine, sleet or snow. All children (14 years or younger) MUST be accompanied by an adult (18 years or older) at all times. All participants ARE REQUIRED TO WEAR their assigned participant number on the exterior of all clothing so that it is visible at all times.

Return the completed, SIGNED 2010 registration form along with the entry fee (checks payable to FZEHS) to:

FZEHS 5K, c/o Brenda Parisi, 600 First Executive Ave, St. Peters, MO 63376

Or drop off your completed, SIGNED registration form any Monday through Friday from 7am until 4pm to

East High School, 600 First Executive Ave, St. Peters, MO 63376

Questions?? Please call 636-477-2400 or visit the Fleet Feet website