

Spring Fling 5KWalk

Predict your Time

Entry Form

Host Club: Racewalker's Club of St. Louis (RWCSL)

Date: **Sunday April 18, 2010**

Place: **Pattonville HS Track** 2497 Creve Coeur Mill Rd, Maryland Heights, MO 63043

Distance **5K**

Time: **2:00 p.m.**

Fee: **\$2 for non-members**

Free to Race Walker's Club of St. Louis members.

Awards: Each athlete will predict the time of finish and the walker who comes closest to prediction places first.

Contact for additional information:

Ginger Mulanax

730 Bellarmine

Florissant, MO 63031

(314) 838-9486 gmulanax@sbcglobal.net

Entry Form

Make checks payable to the Racewalker's Club of St. Louis (RWCSL).

Send entry fee and entry form to: Sue Turner, 338 Melville, University City, MO 63130 or bring to first event.

Please fill out the following:

Name _____ Birthdate _____

Address _____ City _____ State _____ Zip _____

Phone _____ USATF# _____ E-mail _____

Waiver:

I acknowledge that there are certain risks inherent in athletics competition, and I freely accept those risks. In consideration of being accepted, I, intending to be legally bound, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me against the Race Walker's Club of St. Louis, USA Track and Field, Ozark Association, and their officers, agents, successors, and/or assigns for any and all damages which may be sustained or suffered by me in connection with my association with or entry in, or arising out of my traveling to, participating in and returning from said competition. I further attest that I am physically fit and have trained for competition in the event(s) I have entered.

Signature of athlete _____ Date _____

Signature of parent and/or legal guardian if athlete is under 18