



# St. Louis Coach K 5k

Saturday July 4<sup>th</sup>, 2009 at 8:00 am  
5k Run/Walk & Mile Fun Run



**Location:** The St. Louis High School (113 E Saginaw Street, corner of Franklin & Saginaw)

**Start Time:** 8:00 A.M. for the Kid's Fun Run; 8:20 for the 5k Walk and Run

**Registration:** **5k Walk & Run:**  
\$15 pre-registered by June 20<sup>th</sup> & \$20 June 21<sup>st</sup> through race day  
Race Day Registration: Saturday 6:30 – 7:30 A.M

**Mile Fun Run:**  
\$5 pre-registered by June 20<sup>th</sup> & \$10 June 21<sup>st</sup> through race day  
Race Day Registration: Saturday 6:30 – 7:30 A.M

**Awards:** \$100 to overall male & female winners. Medals to the top three runners in each age group. Trophies to top male and female overall and Master's division. Awards also to top five walkers. Medals awarded to all Fun Run participants.

**Information:** [www.racingactivities.org](http://www.racingactivities.org) or email [coachk5k@yahoo.com](mailto:coachk5k@yahoo.com)

**Mail Entry Form To:** RACE Inc c/o Kevin Palmer · 202 E Washington St. · St. Louis, MI 48880  
Or sign up on-line [Active.com](http://Active.com)

Name: \_\_\_\_\_ Age \_\_\_\_\_ Male  Female

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian's Signature: \_\_\_\_\_

### Age Groups

Fun Run	5k Run/Walk
under 4 <input type="checkbox"/>	<input type="checkbox"/> under 15
4-6 <input type="checkbox"/>	<input type="checkbox"/> 15-19
6-8 <input type="checkbox"/>	<input type="checkbox"/> 20-24
9-11 <input type="checkbox"/>	<input type="checkbox"/> 25-29
12-14 <input type="checkbox"/>	<input type="checkbox"/> 30-34
	<input type="checkbox"/> 35-39
	<input type="checkbox"/> 40-49
	<input type="checkbox"/> 50-59
	<input type="checkbox"/> 60-64
	<input type="checkbox"/> 65 or older

### Fun Run

\$5 through June 20<sup>th</sup>  
 \$10 June 21 – race day

### 5k Run

\$15 through June 20<sup>th</sup>  
 \$20 June 21 – race day

### 5k Walk

\$15 through June 20<sup>th</sup>  
 \$20 June 21 – race day

T-shirt Size (adult): small medium large extra large

Fun Run T-shirt Size (youth): small medium large

### WAIVER:

1. Limitation of Liability; Disclaimer of Warranties. Racing Activities for Community Engagement (RACE Inc) SHALL NOT BE LIABLE FOR ANY DIRECT, INDIRECT, INCIDENTAL, SPECIAL OR CONSEQUENTIAL DAMAGES, RESULTING FROM THE PARTICIPATION OR THE INABILITY TO PARTICIPATE IN THE COACH K 5K.  
2. Indemnification. You agree to indemnify and hold each of RACE Inc and its officers and employees and volunteers harmless from any claim or demand, including reasonable attorneys' fees, made by any third party due to or arising out of your participation of the Coach Kelly 5k road run, website use, or any other materials or services generated by or for the RACE Inc or the violation of any term of this Liability Waiver by you.