



proudly presents the 4th Annual

# WINTER FLAKES 10K \ 5K \ 1-Mile Run & Walk

## Saturday, March 18, 2017 @ 8 A.M.

Walther Park, 1551 Veterans Dr., De Soto, MO 63020 (South end/Parking available at SMCI lot.)

Proceeds of this race will enable Get Healthy De Soto, whose mission is to promote a healthy lifestyle, to fund efforts to improve various areas (i.e., walking trails) & activities (i.e., Walking School Bus) around De Soto, MO.

All abilities and speeds are encouraged to come! Strollers are welcomed!

### Entry Fees

#### On or before 2/18/2017

- 10K - \$25 per person
  - 5K - \$20 per person
  - 1 mile - \$10 per person
  - Kids Under12 Any Race - \$10 per person
- Participants registered prior to 2/18/17 are guaranteed a unisex, long-sleeved t-shirt.

#### After 2/19/2017

- 10K - \$30 per person
- 5K - \$25 per person
- 1 mile - \$15 per person
- Kids Under12 Any Race - \$15 per person



### Packet Pickup

Packets are available for pickup at LaChance Vineyards on 3/17/2017 from 3-6 PM or beginning at 6:30 AM the day of race. Race day registration ends at 7:15 AM.

### Race Divisions

Awards will be presented to the top three male and female finishers in each division and best overall male and female finishers of the 10K & 5K races. All kids 12 and under will receive a participation ribbon. An award ceremony will follow the race.

### 10K and 5K Divisions

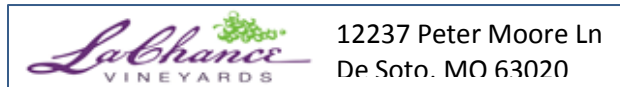
15 & under, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Registration is also available at [www.gethealthidesoto.org](http://www.gethealthidesoto.org)

Questions? Contact Annie @ 314-223-6716, or Trish @ 314-277-8079 or email: [winterflakesrun@yahoo.com](mailto:winterflakesrun@yahoo.com)

In the event of inclement weather, please check the Winter Flakes Facebook page or call 314-277-8079 the morning of the race. Only under extreme weather conditions (i.e., ice) will the event be rescheduled. No refunds will be granted.

Make checks payable to "Get Healthy DeSoto." Mail completed forms to: Winter Flakes 10/5K/1M, 502 W Pratt St., DeSoto, MO 63020



Race entered: \_\_\_\_\_ 10K \_\_\_\_\_ 5K \_\_\_\_\_ 1 mile

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Street Address/City/State/Zip

\_\_\_\_\_  
Age as of 3/18/2017

Male Female  
circle one

\_\_\_\_\_  
e-mail address

( ) \_\_\_\_\_  
Telephone Number

Adult: Small Medium Large X-Large 2X-Large  
Youth: Small Medium Large  
circle one (unisex t-shirt)

**Waiver:** I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running/walking this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the Get Healthy De Soto, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

\_\_\_\_\_  
Signature (Parent's signature if under 18)

\_\_\_\_\_  
Date