

gethealthy DeSoto Presents



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) around De Soto, MO.

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

Fun for the whole family!

When: Saturday, February 23, 2013

9 AM start time for 10K & 5K

9:10 AM start time for 1 mile



Where: Walther Park, De Soto, MO

South end/Parking available at SMCI lot.

Entry Fees:

On or before 1/26/2013: 10K - \$20 per person; 5K - \$15 per person; 1 mile - \$10 per person or \$30 for a family up to four members and \$5 for each additional person.

After 1/26/2013: 10K - \$25 per person; 5K - \$20 per person; 1 mile - \$15 per person or \$40 for a family up to four members and \$5 for each additional person.

Participants registered prior to 1/26 are guaranteed a unisex t-shirt. Definition of family is 2 adults living in the same household and their dependents under the age of 23.

Packet Pickup: Packets are available for pickup beginning at 7 AM the day of race. Race day registration ends at 8:30 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+.

Questions? Contact Annie @ 314-223-6716, a_m_oshea@yahoo.com or Trish @ 314-277-8079, tcoleman7@yahoo.com In the event of inclement weather, please call 636-337-8400 the morning of the race. Make-up date is March 2, 2013. Only under extreme weather conditions (i.e., ice) will the event be rescheduled.

Make checks payable to "Get Healthy DeSoto." Completed forms can be dropped off at the DeSoto Public Library or mailed to: Winter Flakes 10/5K/1M, 502 W Pratt St., DeSoto, MO 63020

Find us on Facebook Winter Flakes 10K 5K 1M

Race entered: _____ 10K _____ 5K _____ 1 mile

Last Name

First Name

Street Address/City/State/Zip

Age as of 2/23/2013

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

OFFICIAL USE ONLY

Payment Received: Cash _____ Check _____

Registration Date _____