



gethealthy DeSoto

proudly presents the 6th Annual

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

Saturday, March 2, 2019 @ 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 2/09/2019

10K - \$20 per person

5K - \$20 per person

1 mile - \$10 per person

Kids Under12 Any Race - \$10 per person

Participants registered prior to 2/13/19 are guaranteed a unisex, long-sleeved t-shirt.

After 2/09/2019

10K - \$25 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 (our headline sponsor) on 3/01/2019 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 two 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. Award ceremony follows 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

Please note there will be a small additional fee for online registration. Questions? Contact Pam @ 314-650-8858, or email: winterflakesrun@yahoo.com In the event of inclement weather, please check the Winter Flakes Facebook page or call 314-650-8858 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, 5027 State Rd H, DeSoto, MO 63020



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

Last Name

First Name

Street Address/City/State/Zip

Age as of 3/2/2019

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 Inc., Fleet Feet Sports 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