



gethealthy DeSoto Proudly Presents the Annual

Winter Flakes 10K\5K\1 Mile Run & Walk

Saturday, March 4, 2023 @ 8 AM

DeSoto Farmers' Market | 520 N. Main St. | De Soto, MO 63020

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, Missouri. All abilities and speeds are encouraged to come! Strollers are welcome!

Entry Fees

On or before 2/18/2023

10K - \$25 per person

5K - \$25 per person

1 mile - \$15 per person

Kids Under 12 Any Race - \$10 per person

Participants registered on or before 2/18 are guaranteed a unisex, long-sleeved t-shirt.



After 2/18/2023

10K - \$30 per person

5K - \$30 per person

1 mile - \$20 per person

Kids Under 12 Any Race - \$15 per person

Packet Pickup

Packets are available for pickup on 3/4/2023 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 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

Please note there will be a small additional fee for online registration. Questions? Contact winterflakes@gethealthidesoto.org. In the event of inclement weather, please check the Winter Flakes Facebook page or call 314-471-3681 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 Race, 1002 Rock Rd., DeSoto, MO 63020.



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

_____ Last Name

_____ First Name

_____ Street Address/City/State/Zip

_____ Date of Birth Male Female
circle one

_____ Email Address

_____ Phone Number

Circle shirt size (unisex t-shirt) *Adult:* Small Medium Large X-Large XX-Large
Youth: Small Medium Large

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

