

# gethealthy DeSoto Proudly Presents the Annual

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

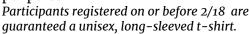
# Saturday, March 4, 2023 @ 8 AM

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



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.gethealthydesoto.org

Please note there will be a small additional fee for online registration. Questions? Contact winterflakes@gethealthydesoto.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.



Rock Rd., DeSoto, MO 63020.	·				
Race entered: 10K		5K		1-mile	
Last Name		First Name			
Street Address/City/State/Zip					
	Male	Female			
Date of Birth	circl	e one			
Email Address		Phone Number			
Circle shirt size (unisex t-shirt)	Adult: Small	Medium	Large	X-Large	XX-Large
	Youth: Small	Medium	Large		
Naiver: I know that running a road race is assume all risks associated with running/w	•	•		•	· · · ·

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.