



Get Healthy De Soto Proudly Presents the Annual

Winter Flakes 5K\1 Mile Run & Walk

Saturday, February 28, 2026 @ 8 AM

Walther Park | 1551 Veterans Dr. | De Soto, MO 63020



Proceeds of this race will enable Get Healthy De Soto, whose mission is to promote a healthy lifestyle, to hire a director, and to fund efforts to improve various community areas & activities around De Soto, Missouri. All abilities and speeds are encouraged to come! Strollers are welcome!

Entry Fees

On or before 2/7/2026

5K - \$25 per person

1 mile - \$15 per person

Kids Under 12 Any Race - \$10 per person

Shirts - \$15 per person



After 2/7/2026

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 2/28/2026 beginning at 7:00 AM the day of race. Race day registration ends at 7:30 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 5K race. All kids 12 and under will receive a participation ribbon. Award ceremony follows the race.

5K Divisions

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

Registration is also available at <https://gethealthydesoto.org/programs-activities/2026-race-series/>

Questions? Contact winterflakes@gethealthydesoto.org. In the event of inclement weather, please check the Winter Flakes Facebook page or call 314-550-8463 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, 520 N. Main St. DeSoto, MO 63020.

Race entered:

5K

1-mile



Last Name

First Name

Street Address/City/State/Zip

Male Female

circle one

Date of Birth

Phone Number

Email Address

Shirt \$15 (unisex long sleeve 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 Get Healthy De Soto Inc., and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event. 5K Race route from Walther Park to The Arlington and back. NOTE: Traffic will not be stopped on the race route. Specifically at the Miller St. intersection.

Signature (Parent's signature if under 18)

Date