Date & Time: Saturday, August 8 - 8:00 a.m.   **5K**

Saturday, August 15 - 8:00 a.m. **5K/8K**

Place: New location in Tower Grove Park. Enter from Grand Blvd. and park on Northeast Drive or Main Dr. Meet at the Cypress **North** Pavillion on Main Dr. Course will be out and back on road closed to traffic. Restrooms off Northeast Dr. near Main Dr.

Fee: $4 for both to RWCSL members, $2 per event separately.

$20 for both races for non-members, $10 per event separately.

Race registration closes at 7:30 AM before each race. If you have preregistered, you must sign in by 7:45 AM.

This event is sanctioned by USATF.

For information, contact:

Lorraine Ramonczuk
(314) 229-4742
ramonczuk@sbcglobal.net

Entry Form   **(MUST BE 18 YEARS OF AGE OR OLDER TO COMPETE)**

Make checks payable to the Racewalkers' Club of St. Louis (RWCSL). Send entry fee and entry form to: Sue Turner, 230 S. Brentwood Blvd., Apt15G, Clayton, MO 63105.

Please fill out the following:

Name_____Birthdate_____/_____/_____

Address_____City_____State_____ Zip _____

Phone_____USATF#_____ E-mail _____

Waiver:
I acknowledge that there are certain risks inherent in athletics competition, and I freely accept those risks. In consideration of being accepted, I, intending to be legally bound, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me against the Racewalkers' Club of St. Louis, the City of St. Louis, USA Track and Field, USATF Ozark Association, and their officers, agents, successors, and/or assigns for any and all damages which may be sustained or suffered by me in connection with my association with or entry in, or arising out of my traveling to, participating in and returning from said competition. I further attest that I am physically fit and have trained for competition in the event(s) I have entered.

_____   _____

Signature of athlete   Date