

REGISTRATION FORM

LIVE WELL FERGUSON TWILIGHT RUN / WALK & one-mile FUN RUN

5K



with professional timing by big river running

Proceeds from this event benefit youth scholarships to attend camp programs at the Emerson Family YMCA.

MAY 19 2012

Registration

5K Run/Walk (All 5K entries include a shirt.)

- \$15 before January 6th
- \$20 before April 20th
- \$25 April 21st thru Race Day

\$5 Discount for 19 yrs old & under

5K Team Rate – Register 10 or more and get \$2 off each person's entry fee

One-mile Fun Run

- \$10 (w/ participant shirt)
- \$5 (w/out participant shirt)

Fun Run Team Rate – Register 4 or more and get 1 free

Tech Shirt Option: 200 Available @ \$5 upgrade

Participant Shirts guaranteed for registered participants before May 4th.

Live Well Events ~ 110 Church St. ~ Ferguson, MO 63135 (Make checks payable to Live Well Ferguson Run)

AWARDS & PRIZES

- 5K Run/Walk Finishers receive a medal.
- Those completing the one-mile fun run will receive a memorable token.
- 1st place 5K finishers (male and female) will win a custom trophy and a pair of running shoes from Big River Running
- The top 3 finishers in the 5K for each division (male & female) win a trophy.
- 1st, 2nd, and 3rd place finishers in the one-mile fun run receive an award.

AGE DIVISIONS: 12&under; 13-19; 20-29; 30-39; 40-49; 50-59; 60- 69; 70 & up.

5K COURSE: Enjoy a **USATF Certified** course through scenic, historic downtown Ferguson.

RACE DAY INFORMATION

- 8-Noon - Packet Pick-up & Race Registration
- 4:00pm - Late Registration
- 5:00pm - Start of one-mile fun run
- 6:00pm - Start of 5K Run/Walk
- 6:30pm - Post-Race Festivities/Concert
- 7:30pm - Awards Ceremony

REGISTER:

- Online at www.LiveWellFerg5K.com
- Or mail completed form and fee to:

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Name : _____ Gender : M F Age on May 19, 2012: _____

City : _____ State/Zip : _____ Phone : (____) _____

Email : _____ T-shirt Size: YS YM YL S M L XL 2X 3X

Tech Shirt Option: Y N
Adult Sizes Only - while supplies last

Race Event : 5K 5K (for <19) 1-mile (w/ Shirt) 1-mile (w/out shirt) Team Name: _____

Liability Wavier (Must be signed by participant or parent/guardian if under 18) I, the undersigned participant, and, if less than 18 years of age, my parent or guardian, intending to be legally bound, do hereby of myself, and heirs, executors, administrators and assigns, forever waive, release and discharge any and all rights, claims and actions for damages against and all persons, organizations and entities associated with the event, including but not limited to the City of Ferguson, Emerson Family YMCA, Big River Running, any and all sponsors of the event, volunteers, and individual race organizers, arising out of or in connection with my entry in, travel to, participating in, and returning from the Live Well Ferguson 5K Run/Walk and one-mile fun run. I also give permission for the free use of my name and/or pictures in broadcasts, telecasts, newspapers, posters, advertising, etc for any future event given by one of the organizations and entities associated with the event. I understand that the entry fees are non-refundable. Sorry, no pets allowed in the 5K Run/Walk.

Participant/Parent/Guardian's Signature : _____ Date : _____