

U-City 10 Mile Run

2 Mile Charity Run/Walk



Proceeds benefitting:

Sunday March 27, 2011 – 8:00am

Location: Centennial Commons
7210 Olive Blvd.
University City, MO 63130



Course: Both courses accurately measured according to USATF standards. Both races begin on Midland Blvd and run exclusively through University City. The 10 Mile proceeds west to Old Bonhomme then east through "The Loop" before heading back on Midland Blvd to Centennial Commons. The 2 Mile Run/Walk runs out 'n back on Midland Blvd. Course maps included in race packets.

Cost:

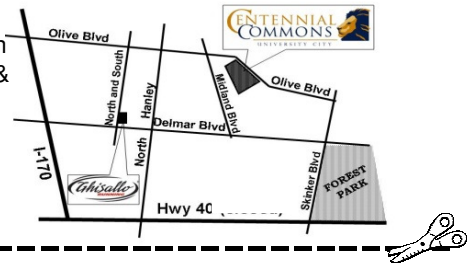
10 Mile	2 Mile
\$30 Early-Bird by February 12 th	\$20
\$35 Feb. 13 th to March 19 th	\$20
\$40 March 20 th to March 25 th	\$25
\$50 March 26 th and Race Day	\$30

Set up a personal fundraising page for the **Ronald McDonald House** at www.firstgiving.com/5184.

Shirts: **Technical race shirt to first 1000 participants to pick up their race packets.*** Every effort will be made to provide proper shirt size for each participant. Shirts available on a first come, first serve basis: i.e., shirt sizes are not guaranteed.

Awards: Awards given to Top 3 Male and Female Overall Winners, Top Male and Female Masters Winners, and Top 3 Male and Female Winners in the following Age Groups: 19 and Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80+.

Packet Pick-up: * Wed., March 23rd through Sat. March 26th at Ghisallo Running, 606 North & South Rd. **RACE DAY** 6:30am to 7:45am at Centennial Commons.
Store Hours: Wed, Fri: 10am-6pm, Thur: 10am-7pm, Sat: 10am-5pm.



Great Training Runs for:

ST. LOUIS MASSAGE THERAPY, INC.
www.danabmassage.com

Last Name: _____ First Name: _____

Address: _____

City/State/Zip: _____

Phone No.: () _____ E-Mail: _____

Male Female DOB _____ Age on Race Day: _____

I'll be participating in the: 10 Mile 2 Mile Run/Walk

Preferred Tech-Shirt Size (circle one):

Men's sizes: S M L XL Women's sizes: S M L XL

Waiver of Liability: In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages, actions and causes against Ghisallo Racing, Centennial Commons, University City, Ronald McDonald House, USATF, all sponsors, and any individual or group associated with this event from all claims and liabilities resulting in my participation. I attest and verify that I am physically fit and have sufficiently trained for this event. I assume all risks in this event including, but not limited to falls, contact with other participants, effects of the weather, road conditions, all such risks being known and appreciated by me. Further, I hereby grant permission for the free use of my name and/or any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose. (Participants under 18 must have parental signature.)

Signature

Date

Parent Signature (if under 18)

Date

Circle amount enclosed

10 Mile Run Fees:
\$30 – Received by 2/12
\$35 – Received by 3/19
\$40 – Received by 3/25
\$50 – 3/26 and Race Day

2 Mile Run/Walk Fees:

\$20 – Received by 3/19
\$25 – Received by 3/25
\$30 – 3/26 and Race Day



Register online at:

www.active.com

Search "U-City 10 and 2"

— OR —

Checks payable to: Ghisallo Racing

Mail entry to:

Ghisallo Running
606 North and South Rd.
University City, MO 63130

No Refunds