

Saint Louis Track Club



2010-2011 FROSTBITE SERIES

Dates/Distances:

Dates and distances are as follows:

Sat., December 11	12K / 3K	Sat., January 22	13.1M / 4M
Sun., December 26	10M / 2M	Sat., February 5	15K / 3M
Sat., January 8	20K / 5K		

For each event, all runners will start at 9 a.m. and walkers (**long series only**) at 8:30 a.m. Registration will open at 7:30 a.m. and close promptly at 8:45 a.m. Races will start on time.

Courses/Timing:

Accurately measured, entirely within Forest Park. Start and finish at the Forest Park Visitor's Center. **Electronic finish timing (Gun Start).**

Individual Race Awards:

Ribbons will be given at each race to the top three finishers in the following age groups: 12 & under, 13-14, 15-16, 17-19, five year age groups 20-79, and 80 & over.

Series Awards:

Your age on December 11 will determine your age group for the series. You must complete at least three races to be eligible for a series award. Your best four races will be awarded points based on the following scale:

1st - 50 points	5th - 30 points	9th - 10 points
2nd - 45 points	6th - 25 points	All finishers receive 5 points
3rd - 40 points	7th - 20 points	
4th - 35 points	8th - 15 points	

The top point scorers in the age groups listed above will receive series awards. The number of age group awards will be based on the number of participants per age group. *To be eligible for series awards you must sign up for the entire series by the second race.*

Registration:

5-Race Series: Postmarked by 12/3: \$55 Postmarked after 12/3: \$65. SLTC members **FOR 2011** may deduct \$10. **Individual Race:** \$15 on race day. SLTC members **FOR 2011** may deduct \$5. **Renew/become an SLTC member before the Series for the SLTC discount.**

For Information or To Volunteer:

Contact the St. Louis Track Club at 314-781-3926 or stlcoffice@yahoo.com or go to stlouistrackclub.com.

Long Sleeve Performance Fabric Shirt to All Series Entrants (Shirts available after finish of second event)

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Please make checks payable and mail this form to: **ST. LOUIS TRACK CLUB**, 6136 Southwest Ave., St. Louis, MO 63139

Name: _____ Phone (evenings): _____

Address: _____ Age (on 12/11 if series entrant, otherwise on race day): _____

City/State/Zip: _____ Circle Gender: Male Female

If a series entrant, circle race distance: LONG SHORT Series Entrants Circle T-Shirt Size: S M L XL

If not a series entrant, circle the individual race: 12K 3K 10M 2M 20K 5K 13.1M 4M 15K 3M

SLTC Member? Y / N SLTC # _____ If not a member, would you like information about joining?: Y / N

Please enter total race fee enclosed: \$ _____

Waiver of Liability: In consideration of your 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, demands, actions and causes of actions against the St. Louis Track Club or the City of St. Louis, their affiliates, subsidiaries, officials, representatives, employees, successors and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the competition of this run. further, I hereby grant full 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.

SIGNATURE: _____ PARENT (IF UNDER 18) _____ DATE _____