



Forward Motion for Kids

5th Annual Charity 5K Run/Walk

Saturday, October 24, 2015

Jefferson Barracks Park
Black Hawk Shelter

(Directions on back)

Registration 8:00 a.m. to 8:30 a.m.

5K race begins at 9:00 a.m.

Walk begins at 9:15 a.m.

Proceeds will benefit Motion for Kids.

Motion for Kids is an annual holiday party held at the Edward Jones Dome and sponsored by the Bar Association of Metropolitan St. Louis (BAMSL) and the St. Louis Rams for more than 3,000 local children. BAMSL held its first holiday party (known as Project Angel Tree) in 1992 to benefit area children with a parent in the Missouri prison system. Since its inception, Motion for Kids has grown each year and now includes children in the foster care system.

Please use this form to register either by mail or the day of the race. (We cannot guarantee shirt size after 9/30/15.)

NOTE: Registration entry will NOT be processed without your signature.

Awards will be given in running categories, including the Firm Challenge, as well as "Most Spirited Walking Team"

Send completed form and payment to:
Kathy Porter, 711 N. 11th Street; St. Louis, MO 63101

Sponsored by



Registration Form

Name _____

Age on race day _____ Gender Male Female

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Entry Fee: (Children 12 and under are no charge if accompanied by paying adult)

Entry fee checks are non-refundable and must be payable to Midwest Litigation Services.

\$30 General Registration (by Sept. 30) \$35 Late Registration (after Sept. 30)

Shirt size (check one): S M L XL XXL

In lieu of walk you may make a friend donation. Make your tax deductible donation checks to: St. Louis Bar Foundation/MFK –

\$20 \$30 \$40 \$50 \$100 Other \$ _____

Waiver, Release, and Indemnification of Liability: In consideration of this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, my executors and administrators, waive and release any and all rights and claims or damages I may have against Midwest Litigation Services and The Women Lawyers Association of Greater St. Louis and their affiliates, subsidiaries, officials and their representatives, successors, volunteers, and assigns for any and all injuries or damages suffered by me in said event. I attest and verify that I am physically capable of competing the run/walk. I hereby consent to receiving medical treatment, which may be deemed medically necessary in the event of injury, accident, or illness during the event. Further, I hereby grant fully permission for the free use of my name and/or photographs or any other record of this event for any legitimate purpose.

Signature of runner (or guardian if under 18):

_____ Date _____



DIRECTIONS TO FORWARD MOTION FOR KIDS CHARITY RUN/WALK Jefferson Barracks Park, Black Hawk Shelter

From Downtown St. Louis: Take I-55 SOUTH to REAVIS BARRACKS ROAD, Exit 199, turn left. Proceed to TELEGRAPH ROAD and turn right. In a VERY short distance, turn left on to SIGSBEE AVENUE and take that road approximately 1 block to KINGSTON DRIVE, turn left. Proceed to SOUTH BROADWAY, turn right. Follow to the “gates” of the park where you will turn right onto GREGG ROAD. The road to the shelter will be on your right, watch for signs.

From I-270: Take I-270 to I-55 NORTH to REAVIS BARRACKS ROAD, Exit 199, turn right. Proceed to TELEGRAPH ROAD and turn right. In a VERY short distance, turn left on to SIGSBEE AVENUE and take that road approximately 1 block to KINGSTON DRIVE, turn left. Proceed to SOUTH BROADWAY, turn right. Follow to the “gates” of the park where you will turn right onto GREGG ROAD. The road to the shelter will be on your right, watch for signs.

From Illinois: Take I-255 across the JB Bridge to TELEGRAPH ROAD, Exit 2, turn right. Follow TELEGRAPH ROAD to KINGSTON DRIVE and merge right. Proceed to SOUTH BROADWAY, turn right to the “gates” of the park where you will turn right onto GREGG ROAD. The road to the shelter will be on your right, watch for signs.