



5K Run & 1 Mile Fun Run



to benefit
Sts. Joachim & Ann Care Service

Sat., Oct. 25, 2014 at 9 a.m.
Cottleville, MO

Start/Finish: St. Charles Community College

PACKET PICKUP: Run packets can be picked up on Friday, October 24th, from 2-7 p.m. at **Fleet Feet** in St. Charles, 3813 Mexico Road. Packets will also be available from 7:30 a.m. to 8:45 a.m. on race day at the race site. T-shirt availability for race day registration is not guaranteed.

TIME: The 5K Run will begin at 9:00 a.m. The Monster Mile Fun Run will begin at 9:20 a.m.

COURSE: The accurately measured course is arranged around St. Charles Community College.

CLASSES: 5K RUN— Male and Female awards in all classes: Awards to top three (3) overall Male/Female. Awards to top 3 Male/Female winners in each class: **14 and under 15-19 20-29 30-39 40-49 50-59 60-69 70+**

T-SHIRTS AND FEES: \$30 Individual Entry for either the 5K Run or the Monster Mile receives a long sleeve T-shirt (*see sizes below*). T-shirts are guaranteed for all who register by Oct. 10, 2014.

Family Entry : \$90 (entry for 4 participants, includes long sleeve cotton T-shirt).

All Monster Mile registrants will receive an award.

Make check payable to: Sts. Joachim & Ann Care Service. Fees are non-refundable.

REGISTRATION: Preregistration by this form, or online at halloweenhowl.org. Registration and additional information is also available at www.jacares.org. Race day entries will be accepted, registration closes at 8:45 a.m.

Mail entry form to: **Sts. Joachim and Ann Care Service**
Attn: Halloween Howl for the Homeless
4116 McClay Road / St. Charles, MO 63304



Contact Name: _____ Male Female Age (as of Oct. 19) _____

Address: _____ City, State, Zip: _____

Email: _____ Phone: _____

Check one: **5K Run** **Monster Mile Fun Run**

Shirts: Adult S _____ M _____ L _____ XL _____ XXL _____ XXXL _____ (list quantity next to size) **Amount enclosed: \$** _____
 Children S _____ M _____ L _____ XL _____

Release
 Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event, including but not limited to falls, contact with other participants, the effects of the weather, the conditions of the roads, all such risk being known and appreciated by me.

In consideration of the entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release all rights and claims for damages I may have against Sts. Joachim and Ann Care Service, the City of Cottleville, St. Charles Community College, and their representatives, successors and assigns for any and all injuries suffered by me in said event.

Participant Signature

Parent (if under 18)