

Want to be a part of an event that involves exercise, a shirt, and a great meal for a low price that all goes to a good cause? Come out to honor students who died in the War on Terror and First Responders who died serving the St. Louis Metropolitan community.

Barbecue proceeds established scholarships in the name of Rockwood veterans and for financial support of Camp Hope and Backstoppers, Inc.



START TIMES

5K | 9:00am
 1 Mile | 10:00am
 Awards | 10:15am
 BBQ | 10:30am-1pm

LOCATION

LaFayette High School
 17050 Clayton Road
 Ballwin MO 63011

PACKET PICK-UP

- Thursday, May 14th from 10am-8pm at FLEET FEET South County off Tesson Ferry Road
- Friday, May 15th from 10am-8pm at FLEET FEET Chesterfield in the Valley
- Race morning packet pick-up & registration will be available at Lafayette in the parking lot from 7:30am-8:45am.

Mail form to: FLEET FEET RACE PRODUCTIONS, 3813 Mexico Road, St. Charles, MO 63303. Checks made payable to "FLEET FEET Sports".

**ROCKWOOD HERO
 PARTIPANT INFO**

<input type="checkbox"/> 5K \$20 through February 15 \$22 from February 16-April 25 \$25 from April 26-May 15 \$30 on race morning	<input type="checkbox"/> 1 MILE \$16 through February 15 \$18 from February 16-April 25 \$20 from April 26-May 15 \$25 on race morning	<input type="checkbox"/> DONATION \$ _____ Please consider making an additional 501c(3) tax exempt donation to the Rockwood School District in honor of our veterans and first responders.
TOTAL AMOUNT FOR RACE/DONATION \$ _____		

FIRST NAME _____ LAST NAME _____

ADDRESS _____ CITY _____ STATE /ZIP _____

DATE OF BIRTH _____ MALE/FEMALE _____

**CIRCLE ONE
 REPRESENTATING HIGH SCHOOL**

LaFayette Marquette
 Rockwood Summit Eureka

PHONE NUMBER _____ EMAIL _____

WOULD YOU LIKE TO RECEIVE A TEXT MESSAGE WITH YOUR RESULTS? **YES/NO**

MOBILE PHONE NUMBER AND PROVIDER if you circle yes

I have read, understand and agree to the terms of the waiver below.

PARTICIPANT'S SIGNATURE _____ DATE _____

*Parent or guardian required to sign if applicant is under 18 years of age.

**CIRCLE ONE
 T-SHIRT SIZE**

S M L XL XXL

Shirts guaranteed for participants who register by 4/25

LEGAL

In consideration of accepting this entry, I understand, I the undersigned, intending to be legally bound, hereby for myself, my heirs and administrators, waive and release any and all claims for damage, personal or otherwise, demands, actions against the Rockwood School District, its affiliated high schools and their staffs, Fleet Feet Sports, Air Force JROTC, Lafayette High School JROTC Parent Association and its members, and any and all event civic participants, volunteers, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though the liability may arise out of negligence or carelessness on the part of the persons or entities named in this waiver. This agreement to indemnify and hold harmless includes but is not limited to all claims including expenses arising out of any failure of the event entities in any respect to comply with and perform all the requirements and provision agreed to and required by any law or ordinance. Additionally, any person not a party to this agreement who makes a claim or files any lawsuit against the aforementioned parties, the undersigned agrees to indemnify, defend and hold harmless said parties noted in this agreement. I attest and verify that I am physically fit and have sufficiently trained for the competition of this run. I understand that bicycles, skateboards, roller skates, or roller blades and animals are not allowed in the race and I will abide by all race rules. I assume all risks associated with the effects of weather, including heat and/or humidity, traffic and the conditions of roads and/or trails all such risks being known and appreciated by me. I also grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.