



# HEALTH FOR LIFE 5K/1M



## Saturday, May 8 2010 at 8:00 a.m.

Brought to you by:

**Location:** Morning Star Church  
1600 Feise Road  
O'Fallon, MO 63368



**Course:** 5K run course accurately measured according to USATF standards. Both 5K and 1 Mile races begin at Morning Star Church. Course maps included in race packets. *Rain or Shine. Non-refundable.*

**Timing:** Ghisallo Timing System.



<b>Cost:</b>	<u>5 K</u>		<u>1 Mile</u>
	\$25	Early Bird by April 12	\$15
	\$30	April 13 to April 28	\$15
	\$35	April 29 to May 6	\$20
	\$40	May 7 and Race Day	\$25
	FREE	Children 12 and under	Free

Proceeds benefiting:



**Shirts:** \*\*\* IMPORTANT: Every effort will be made to provide T-Shirt sizes for registrations received by April 25. After April 25 T-Shirts available on a first come, first serve basis; i.e., T-Shirt sizes are not guaranteed. \*\*\*

**Awards:** Awards given to Top Male and Female Overall 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, and 70+.

**Packets:** Available to pick up Wednesday May 5 through Friday May 7 @ [CenterPoint Chiropractic](#), 2917 Hwy K, Ste F, O'Fallon, MO. Race Day at Morning Star Church.

**RACE DAY registration CLOSES at 7:30am. No entries accepted after 7:30am.**



For more information contact us at 636-379-9105 or [info@CenterPointChiro.com](mailto:info@CenterPointChiro.com).

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Male  Female DOB: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

I'll be participating in the:  5 K Race  1 Mile Fun Run

Children 12 and Under Not Participating: \_\_\_\_\_

Preferred T-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, CenterPoint Chiropractic, Morning Star Church, 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		
5 K		1 Mile
\$25	Early Bird by April 12	\$15
\$30	April 13 to April 28	\$15
\$35	April 29 to May 6	\$20
\$40	May 7 and Race Day	\$25
FREE	12 and Under	FREE

**Register Online at:**  
[www.CenterPointChiro.com](http://www.CenterPointChiro.com)  
---- OR ----

**Checks payable to:**  
[CenterPoint Chiropractic](#)

**Mail Entry to:**  
[CenterPoint Chiropractic](#)  
21917 Hwy K, Ste F  
O'Fallon, MO 63368