

TIME & DATE: Saturday, April 24, 2010 – 10K Race and the 3-Mile Walk start at 7:30 a.m. – 1-Mile Fun Run starts at 9 a.m.



PLACE: St. Charles Community College, 4601 Mid Rivers Mall Drive, Cottleville, MO. Take Mid Rivers Mall Drive exit off I-70; college is 3 miles south of I-70. Staging area: Red Parking Lot.

AWARDS CEREMONY: Approximately 9:45 a.m. (10K results) and approximately 10:15 a.m. (1-Mile results) in the outdoor amphitheater, campus plaza.

COURSE: 10K Race is flat to rolling through rural Cottleville and unincorporated St. Charles County. (Please, no walkers.) 1-Mile Fun Run and 3-Mile Walk are on college campus. (See route maps in race packets.)

WATER STATION FOR 10-K RACE: Water stations are located around the two-mile and four-mile marks. Provided by Missouri American Water Co.

REGISTRATION, FEES & DEADLINE: \$15 entry fee if postmarked by Tuesday, April 20. \$20 entry fee will apply to entries after April 20 including any race day entries. Do not mail registration after April 20. **Special family discount:** \$50 for a family of four, plus \$5 for each additional family member if postmarked by April 20. Family discounts do **not** apply on race day.

PACKET PICKUP & LATE REGISTRATION: Packet pickup and late registration will be from 8 a.m. to 6 p.m. Friday, April 23, at: SCC, 4601 Mid Rivers Mall Drive, Cottleville, MO, in the Administration Building. Race day packet pickup and registration will be 6:30-7:15 a.m. (10K Race & 3-Mile Walk) and 7:30-8:45 a.m. (1-Mile) in the Administration Building near the start/finish line.

T-SHIRTS: Colorful shirts to registered entrants. New design each year.

AWARDS: \$100 cash prizes to first overall men's and women's finishers in the 10K. More than 75 medals and trophies to age-group winners in 10K and 1-Mile. Ribbons to finishers in 3-Mile Walk and 1-Mile Fun Run. \$100 gift cards to winning K-5 and grade 6-8 schools.

REFRESHMENTS: Free beverages, fruit and snacks.

PRIZES: A drawing will be held to give away about 50 prizes such as tickets, gift certificates and sports items. Check "prize central" tables at the Wellness Festival in the Student Center to see if you won. (Preregistered walk and run participants are automatically entered.)

SCHOOL COMPETITION: School Challenge for the Most Entries – Two special "participation" contests will be held for the 1-Mile Fun Run. The grades K-5 school and the grades 6-8 school with the most students signed up will each win a traveling trophy and a \$100 gift card. Permanent trophies will go to the first, second, and third-place schools in each division. Students are also eligible for individual age group awards.

QUESTIONS: Call Heather McDorman, co-race director, Marketing and Communications Department, at 636-922-8277.

Event proceeds will be used to fund college wellness projects.

AWARDS:

Two \$100 cash awards
Men's Overall 10K Winner • Women's Overall 10K Winner

– 10K Medals –

Age Group	M	F	Age Group	M	F
19 & Under	3	3	50-59	4	4
20-29	4	4	60-69	3	3
30-39	5	5	70 & over	2	2
40-49	5	5			
SCC Student (current)	1	1	SCC Employee	1	1
SCC Alumni	1	1			

– 1-Mile Trophies –

Age Group	M	F	Age Group	M	F
8 & Under	3	3	13-14	3	3
9-10	3	3	15 & over	3	3
11-12	3	3			

TRIBBONS AWARDED TO ALL 1- & 3-MILE FINISHERS

If You Don't Run, THEN WALK!

The 3-mile walk stays on campus and starts and finishes in the "Red" Lot – a separate finish line is provided. For safety purposes, walkers should take part in the 3-mile course (please, do not enter the 10K race).

SPRING WELLNESS FESTIVAL



More Than 40 Exhibits • Fitness Presentations
Health Screenings • Displays & Demos

For Information, Call 636-922-8475.

NO. _____

REGISTRATION & ENTRY FORM

THE 18TH ANNUAL SCC 10K RACE, 3-MILE WALK, AND 1-MILE FUN RUN

MAKE CHECKS PAYABLE TO: SCC. MAIL TO: SCC, 4601 MID RIVERS MALL DR., COTTEVILLE, MO 63376-2865, ATTN: KAREN D., ROOM 1121 ADM

CED MAC

DON'T FORGET!

PLEASE PRINT SELECT ONE ONLY: 10K RACE 3-MILE WALK 1-MILE FUN RUN (Make additional copies to enter more than 1 event.)

NAME: _____ STREET ADDRESS: _____

CITY/STATE: _____ ZIP: _____ PHONE: (h) (____) _____ (w/m) (____) _____

E-MAIL: _____ CURRENT SCC STUDENT [Club _____] SCC EMPLOYEE SCC ALUM

SEX: M F AGE AS OF 4/24/10: ____ BIRTHDATE: ____/____/____ GRADE: K-5 6-8 T-SHIRT SIZE: Youth M; Adult sizes S M L XL

WAIVER OF LIABILITY: In consideration of this entry, I the undersigned, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against St. Charles Community College and its personnel, committees, and volunteers for any and all injuries suffered by me in said event.

SIGNATURE: _____
Parent's Signature if Under 18 Years of Age

FOR SPECIAL PARTICIPATION TROPHY: I attend _____ School.
Schools with the most entrants in two Fun Run divisions – K-5 & grades 6-8 – will receive a trophy and a \$100 gift card.

Print Your Name & Age to Enter Prize Drawings in Student Center

DO NOT DETACH