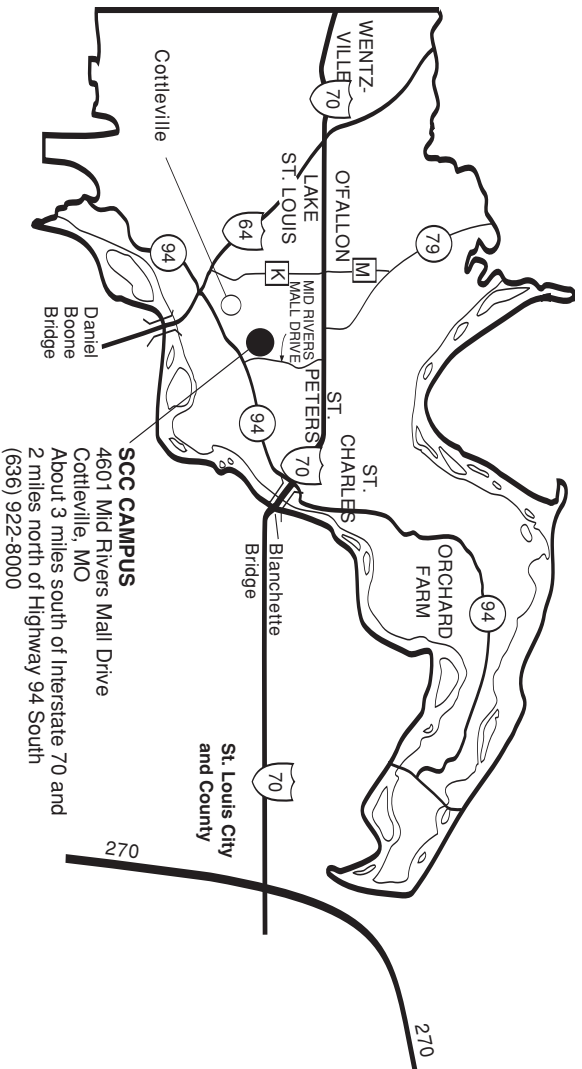


**How
To Find
the
SCC Campus
(It's Easy!)**



SCC CAMPUS
4601 Mid Rivers Mall Drive
Cottleville, MO
About 3 miles south of Interstate 70 and
2 miles north of Highway 94 South
(636) 922-8000

April 26, 2008



2008 • ST. CHARLES COMMUNITY COLLEGE • 10K

1-MILE FUN RUN • 3-MILE WALK



2008 • ST. CHARLES COMMUNITY COLLEGE • 10K

1-MILE FUN RUN • 3-MILE WALK

www.stchas.edu

4601 Mid Rivers Mall Drive
Cottleville, MO 63376-2865

St. Charles
COMMUNITY COLLEGE



NonProfit
Organization
U.S. Postage PAID
St. Peters, MO
Permit No. 394

TIME & DATE: Saturday, April 26, 2008 – 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 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: Just after 3-mile mark. Provided by Missouri American Water Co.

REGISTRATION, FEES, & DEADLINE: \$15 entry fee if postmarked by Tuesday, April 22. \$20 entry fee will apply to entries after April 22 including any race day entries. Do not mail registration after 4/22. **NEW THIS YEAR! Special family discount:** \$50 for a family of four, plus \$5 for each additional family member if postmarked by 4/22. Family discounts do **not** apply on race day.

PACKET PICKUP & LATE REGISTRATION: Packet pickup and late registration will be Friday, April 25, from 8 a.m. to 6 p.m. 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 trophies and plaques to age-group winners in 10K and 1-Mile. Ribbons to finishers in 3-Mile Walk and 1-Mile Fun Run.

REFRESHMENTS: Free beverages, fruit, and snacks.

PRIZES: A drawing will be held to give away about 60 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 THIS YEAR – Two Divisions!:

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. 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 Plaques –

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

– 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			

RIBBONS 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

8-11 a.m. Saturday, April 26

STUDENT CENTER • ST. CHARLES COMMUNITY COLLEGE

CHECK OUT OUR WEB SITE:
WWW.STCHAS.EDU

ADMISSION TO EXHIBITS IS FREE!

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

For Information, Call 636-922-8475.

REGISTRATION & ENTRY FORM

THE 16TH 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



Print Your Name & Age to Enter Prize Drawings in Student Center
DO NOT DETACH

NO. _____

CED MAC

PLEASE PRINT 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) () _____

SEX: M F AGE AS OF 4/26/08: ____/____/____ BIRTHDATE: ____/____/____ GRADE: K-5 6-8 T-SHIRT SIZE: S M L XL (adult sizes)

CURRENT SCC STUDENT SCC EMPLOYEE

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: _____

School: _____

Parent's Signature if Under 18 Years of Age _____

Schools with the most entrants in two Fun Run divisions – K-5 & grades 6-8 – will receive a trophy.