

# Run For Rescues

**5K (3.1 Miles) – 8:00 a.m.**

**1 Mile DOG WALK – 8:45 a.m.**

Sunday, March 21, 2010

## TOWER GROVE PARK

“SONS OF REST SHELTER”  
eastern side of park

**5K Awards** 1st overall male and female

Top 3: 19-U, 20-29, 30-39, 40-49, 50-59 Top 1: 50-69, 70+

**T-shirts to first 200 registered.**

### PACKET PICK-UP

on March 20th from 10 am to 5 pm at:

**Big River Running Company**

14059 Manchester Road, Ballwin, MO 63011

Participants can register and pick up packets at  
starting line between 7-7:45 am on Race Day.



We win because  
you **C.A.R.E.**



### REGISTRATION & ENTRY FEE

**5K - \$20** (received by March 11th)  
**\$25** (after March 11th and on Race Day)

**1 Mile Dog Walk - \$20**  
(received by March 11th)  
**\$25** (after March 11th and on race day)

Refreshments provided by  
Schnucks and Pine Valley

Donation from Braneky Hardware

Cash or Checks payable to: **C.A.R.E.**

Mail Registration and Entry Fee to:

**C.A.R.E.**

P.O. Box 2203  
Hillsboro, MO 63050

Donations of pet supplies, dog and cat food, horse feed, leashes, etc. are *greatly* appreciated.

**Rescues will be available for adoption on race day.**



Name: \_\_\_\_\_

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

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

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

Phone No. ( ) \_\_\_\_\_ E-mail \_\_\_\_\_



**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 Tower Grove Park and the City of St. Louis, Coalition for Animal Rescue and Education, 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 fall, contact with other participants, effects of the weather, road conditions, all such risks being know 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

I cannot participate . Please accept my donation of \_\_\_\_\_