



5K RACE & FUN RUN/WALK MESOTHELIOMA AWARENESS DAY

SEPTEMBER 26, 2009 @ 9 A.M.

Registration - 7:30-8:45 a.m.

\$15 before Sept. 16

\$20 after Sept. 16

\$25 day of event

APPLICATION

Name _____

Address _____

Phone number _____

Email address _____

Sex M F Clydesdale (over 200 lbs.)

**Clydesdales not eligible for Age Group awards*

Age on Race day _____

Shirt Size YS YM YL OS M L XL XXL

Which event are you participating in?

5K (3.1 miles) 5K Fun Run/Walk

Additional Donation to Meso Foundation Amount _____

If participating in 5K, will you require elite staging at start? _____

Expected Finish Time _____

I acknowledge that a running/walking event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. I HEREBY ASSUME THE RISK OF PARTICIPATING IN THE Miles for Meso Run/Walk. I hereby take action for myself, my executors, administrators, heir, next of kin, successors, and assigns as follows: a) WAIVE, RELEASE, DISCHARGE, AND AGREE NOT TO SUE, from any and all liability for my death, disability, personal injury, property damage, property theft, or action of any kind which may hereafter occur to me as a result of my participation in the aforementioned event. b) The following persons or entities: METRO TRI CLUB, City of Alton, Simmons Browder Gianaris Angelides & Barnerd LLC, race director, event volunteers and all cities, counties, districts in which said event may be staged or in which segments of said event may be run and its (their) officer, directors, employees, representatives, and agents and volunteers. I hereby consent to receive treatment in the event of my injury, accident and/or illness during this event. I agree to allowing my photo, video or film likeness to be used for legitimate purpose by the Metro Tri Club, the event sponsor(s) and/or assigns.

Come to the new Simmons Law Firm building in historic Alton, Illinois (next to Marquette High School). Corner of Alton Street and 4th Street in Alton, IL.

Miles for Meso is an exciting new 5K race and fun run/walk being held less than 30 minutes from downtown St. Louis in historic Alton, Illinois on September 26, 2009 (Mesothelioma Awareness Day).

100% of registration fees benefit research for mesothelioma, a rare cancer caused by asbestos. Cash prizes for 1st, 2nd and 3rd in men's and women's overall categories (\$500, \$250, \$100), plus all participants are eligible for five \$100 drawings! Awards for 1st-3rd will be given in every age group. Register for only \$15 before September 16th, and receive a hi-tech running shirt!

MAIL YOUR REGISTRATION FORM

Miles for Meso
c/o Metro Tri Club
P.O. Box 42
Roxana, IL 62084

Signature