



# 5K RACE & FUN RUN/WALK MESOTHELIOMA AWARENESS DAY

**OCTOBER 11, 2009 @ 8 A.M.**

Registration - 7:00-7:30 a.m.

\$15 before Oct. 1

\$20 after Oct. 1

\$25 day of event

## ST. LOUIS APPLICATION

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone number \_\_\_\_\_

Email address \_\_\_\_\_

Sex  M  F  Clydesdale (greater than 200 lbs.)

*\*Clydesdales not eligible for Age Group awards*

Age on Race day \_\_\_\_\_

Date of Birth \_\_\_\_\_

### 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* \_\_\_\_\_

There are two great Miles for Meso races happening this fall - one on September 26th in Alton, Illinois, and one on October 11th in St. Louis, Missouri. Register for the Alton race at milesformeso.org before September 16th for only \$15 - then, on race day, bring this application and you'll have a one-time opportunity to register for the St. Louis race for only \$10. You'll get a hi-tech race shirt, a hi-tech gear bag, two chances at winning great prizes, and twice as much satisfaction for supporting a great cause!

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 Simmons Browder Gianaris Angelides & Barnerd LLC, Centennial Commons, all sponsors, and any individual or group associated with this event from all claims and liability 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, and all such risks being known and appreciated by me. Further, I hereby grant permission for the free use of my name and / or photographs, video tapes, motion pictures, recordings, or any other record of this event for any legitimate purpose. (Participants under the age of 18 must have parental signature).

Come to Centennial Commons (Heman Park) at Midland Blvd & Vernon Ave, University City, MO 63130

Presented by the Simmons law firm, Miles for Meso is an exciting new 5K race and fun run/walk being held to support mesothelioma cancer awareness and research. There are two races this year - one in historic Alton, Illinois on September 26, 2009 (Mesothelioma Awareness Day), and one on October 11 in St. Louis. 100% of registration fees benefit research for mesothelioma. Prizes for 1st, 2nd and 3rd in men's and women's overall categories, 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 Oct. 1 & receive a quality gear bag!

### MAIL YOUR REGISTRATION FORM

Meso Foundation Fundraiser

P.O. Box 410165

Creve Coeur, MO 63141

\_\_\_\_\_  
Signature