

Catholic Campus Ministry

22nd Annual Jack Frost 5K Run / 2.5K Walk

Date: **Saturday, December 4, 2010**

Time: Registration at 8:00 a.m.
Race at 9:00 a.m.

Place: O'Reilly Catholic Student Center
847 South Holland Avenue, Springfield, MO 65806

Fee: \$15.00 (if received by December 3rd, 4:00 p.m.)
\$20.00 (on the Day of the Race)

Awards: Given to 1st, 2nd and 3rd place 5K finishers in each age group; Male and Female

Age Groups: Under 15, 15-19, 20-29, 30-39, 40-49, 50-59, Over 59

T-shirts: to the first 150 participants.

T-shirt size guaranteed if registration and fee are received by Nov. 15th, 4:00 p.m.

For more information, call (417) 865-0802 - Ask for Bev. Registration forms are available at Catholic Campus Ministry, Ridge Runner Sports, or online at www.ccm847.org

Edward Jones

MAKING SENSE OF
INVESTING

Lead Sponsor

Greg DeLong, Edward Jones Company

JACK FROST ENTRY FORM

NAME _____ AGE _____

ADDRESS _____ CITY _____ STATE _____

ZIP _____ TELEPHONE _____ SEX: M _____ F _____

T-shirt size: Small Medium Large Extra Large

Your E-Mail Address _____

Check one: 5K Run Walk College: _____

I assume full responsibility for running in traffic on the course during this event, as well as any and all risks associated with competing in this event, including falls, body contact, road conditions and weather.

In consideration of these facts, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and waive, release, and discharge the Catholic Campus Ministry, Missouri State University and any or all sponsors and their agents from any and all claims for death or personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event.

SIGNATURE _____ DATE _____

PARENT SIGNATURE (IF UNDER 18) _____

* MAKE CHECKS PAYABLE TO: **CATHOLIC CAMPUS MINISTRY**

* MAIL ENTRY TO: **CATHOLIC CAMPUS MINISTRY, 847 S. Holland Ave. Springfield, MO 65806-3513**