



CHURCH ON THE ROCK 4TH ANNUAL  
**5K RUN/WALK**

**WHEN:** Saturday, May 16, starting at 8:00 a.m.  
 T-shirt pick up and race-day registration will open at 7 a.m.  
 Awards and attendance prizes will be presented at approximately 9 a.m.

**WHERE:** Church On The Rock Campus  
 Race begins on parking lot of North Campus of COTR and heads east on Ohmes Road to St Peters Cottleville Road and loops back to COTR Parking lot.  
 Race is on local roads with flat as well as rolling hills.

**SIGN UP DATES & FEES:** By May 10 • Fee - \$20  
 (Shirts guaranteed to all pre registered runners)  
 After May 10 • Fee - \$25

**REGISTER:** Complete bottom of this form and return to Tony Urzi.  
 Fax# 636-240-7829. Please call 636-240-7775 to confirm fax receipt.

**AWARDS:** By age group (10-year increments)

**T-SHIRT PICK-UP:** Day of race – COTR Parking Lot / FLLC Gym  
 Contact Tony Urzi for more information.  
 636-240-7775 x315 • email: turzi@cotr.org

Please complete form, detach, and return with proper fee to: Church on the Rock • P.O. Box 1668 • St. Peters, MO 63376

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/ STATE/ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

GENDER: M F    DOB \_\_\_\_/\_\_\_\_/\_\_\_\_    AGE ON RACE DAY \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

PARTICIPATION LEVEL:  RUNNER  WALKER  
 NOT PARTICIPATING (Donating and receiving a shirt)

TSHIRT SIZE: **S M L XL XXL**  
(circle one)

PAYMENT TYPE:  CASH  CHECK (Payable to COTR)  
 VISA  MASTERCARD  AmEx  DISCOVER

CARD# \_\_\_\_\_

EXP DATE \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

SIGNATURE \_\_\_\_\_

In consideration of the foregoing, I, for myself, my executors, administrators, and assigns do hereby release and discharge Church On The Rock, and their representative from all damages, demands, actions, and causes of action whatsoever, in any manner arising or growing out of participation in said event. I certify that I am physically fit and trained for this event.

SIGNATURE (Parent/Guardian if under 18)

DATE