


ST JAMES IRON LEGS TRAIL RUN



May 3, 2014 - 9:00 A.M.

Come enjoy a long loop (5 Miles) or a short loop (3 Miles) on the challenging and scenic Forest City Trail in St. James, Missouri. This trail run is benefiting the St. James High School Wrestling Team.

Register Online at <http://www.split-secondtiming.com> or mail registration along with payment to:

Split Second Timing, LLC - 1411 Ramsey Place, Rolla, MO 65401, Phone: (573) 429-2272

Or you can drop off at: *Forest City Footwear, 126 West Washington, St. James, MO 65559*

#1 Runner Name:		Age
Mailing Address:		
City:	State:	Zip:
Phone:	Email:	
Emergency Contact:		Phone:

#2 Runner Name:		Age
Mailing Address:		
City:	State:	Zip:
Phone:	Email:	
Emergency Contact:		Phone:

Iron Legs Single Fee: () \$25 () \$30 Race Day Iron Legs Double Fee [2 Person] Fee: () \$45 () \$55 Race Day

Please insert runner # from above: () Long Course - 5 Miles () Short Course - 3 Miles

Cash: \$ _____ Check #: _____

Please Check Shirt Size(s):

() Extra Extra Large () Extra Large () Large () Medium () Small

Waiver of Liability – Runner(s) are solely responsible to read and acknowledged the Waiver. In submitting this entry, I, intending to be legally bound for myself, my heirs, executors, assigns and administrators, waive, release and forever discharge all rights and claims which may here in after occur to me against: Split Second Timing, LLC, City of Saint James, Saint James School District, all event sponsors, event volunteers and their officers, directors, agents, successors and/or assigns for any and all injuries suffered by me at this event, while traveling to and from the Saint James Iron Legs Trail Run or while participating in the event. I understand this is an unmaintained surface with inherent risk for injury. The use of stereo/headphones is not allowed in this event. Any photo taken of me at the event may be used for promotional purposes. Split Second Timing, LLC reserves the right to cancel the event in case of dangerous, inclement weather or unforeseen circumstances. In the event the Saint James Iron Legs Trail Run is cancelled and not rescheduled no refunds will be issued.

Print and sign acknowledging waiver: (Parent or Guardian for anyone under the age of 18)

Print:	Sign:
Print:	Sign:

Prizes awarded for: Overall Male and Female
Top finisher in each male and female age groups:
19 and Under, 20-29, 30-39, 40-49, 50-59, 60+

Proceeds of this race will also go to the St. James High School Wrestling Team. In its 7 years in existence they have had 25 state qualifiers and 3 state placers. They will use this money to update equipment, uniforms, and fund a variety of things for their overnight tournaments.