

THE BIG HALLOWEEN BASH... MONSTER MASH 2009!

16TH ANNUAL ST. JOE'S - 5K RUN/WALK

SATURDAY OCTOBER 31, 2009

GERMANIA HALL • 320 CHUTE STREET • DOWNTOWN MENASHA

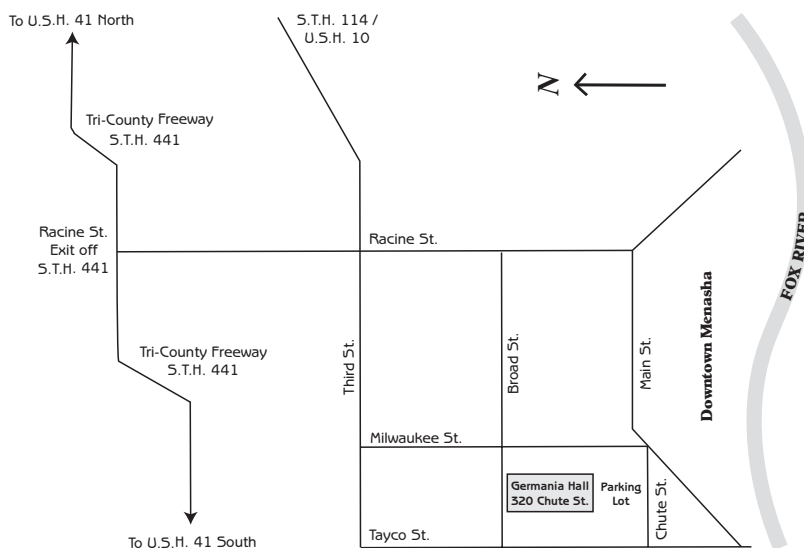
RUNNERS & WALKERS... RUN OR WALK THE 5K IN A HALLOWEEN COSTUME AND BE ELIGIBLE TO WIN A SPECIAL DOOR PRIZE!

"The 5K Course Features the Very Popular Trestle Trail!"

From Germania Hall into charming Downtown Menasha and the near northside... Joining the Friendship Trail on Broad Street and then heading west to the new spectacular Friendship Trestle Trail Segment... over panoramic Little Lake Butte Des Morts... and back!



"It's easy to get to Germania Hall in downtown Menasha... from anywhere in the Fox Valley!"



For St. Joe 16 Updates Visit Us Online at www.pacesettersrun.org

Every Runner has a Chance to Win... Medals to the Top 30 Finishers!

It's Back Again for a 9th Consecutive Year!

Portsmouth Start 5K Run! What's a Portsmouth start?

- Each runner is assigned to a seeded **"wave"**, based on age and gender.
- The USATF 5K **"Single Age"** Road Race Records determines your **"wave"**, or seeding.
- The clock **"counts down"**, from a pre-determined time. The runner(s) in the slowest **"wave"** begin.
- The clock counts up after reaching zero.
- Your total time equals finish line clock time plus wave start time.
- As the clock continues to run, the next **"wave"** starts at its predetermined time, and so on...
- Older runners will be on the course as younger runner **"waves"** begin.
- The Portsmouth, or **"wave"** start ensures that the runner who comes closest to his or her **"Single Age"** USATF 5K Road Race Record will be the overall winner.
- The race **REWARDS** the best (or fittest) runner without regard to age or gender.
- **EACH RUNNER HAS A CHANCE TO WIN.**

Race bib: your bib will indicate;
A) WAVE No. (e.g.; Wave 8...)
B) Clock start time (e.g.; 28:00)
C) Age (e.g.; 5..., 39..., 92..., etc)
D) M or F

Registration: It is critical that your **age** on the **"day-of-race"** and **sex** be on your entry form. Assignment to a starting wave is dependent on age and gender.

PLEASE SIGN WAIVER

WAIVER

I know that participating in the St. Joe's Run/Walk is a potentially hazardous activity. I understand that I should not participate in the event unless I am in good physical condition. I hereby assume the risk of any injury and I release, discharge and hold harmless the directors of St. Joe's Run/Walk, it's volunteers and staff, all event sponsors and all others in any way connected with the event from any and all claims for injury or damages arising from my participation in it. I hereby permit the St. Joe's Run/Walk the free use of my name and picture in broadcasts, telecasts, newspapers, periodicals and brochures that report or promote this event.

PARTICIPANT SIGNATURE (/ /) DATE PARENT/GUARDIAN SIGNATURE (/ /) DATE