



**Bee-Fit Marathon  
"One-Mile-at-a-Time"  
Registration Form**



Your challenge is to complete 26.2 miles or more of walking/running in six weeks:

**September 12, 2011 – October 23, 2011**

Kick-Off Rally: September 8, 2011; 12 p.m. – City Hall Rotunda  
Awards Ceremony: November 3, 2011; 12 p.m. – City Hall Rotunda

**What's different this year?**

This and other walking programs have been so highly successful in the past, we are going to up the ante and award different levels of incentives – based on the amount of miles completed. There will be three different levels of completion:

- **BRONZE** – Participants, who complete the required minimum of 26.2 miles, will receive a finisher's medal, t-shirt and completion certificate.
- **SILVER** – Participants, who complete a minimum of 52.4 miles (double expectation), will receive the bronze level incentives and an additional incentive.
- **GOLD** – Participants, who complete OVER 52.4 miles, will receive the bronze and silver level incentives with an additional incentive.

**What do you need to do?**

Fax or e-mail this registration form to Matt Meyers, NO LATER THAN September 19, 2011. Begin your walking/running on September 12, 2011. You are encouraged to walk or run each day and recorded it on your training log. Submit your log to Matt Meyers at the completion of the program which must be finished NO LATER THAN October 23, 2011.

Name: \_\_\_\_\_

Agency Name: \_\_\_\_\_ Agency Location: \_\_\_\_\_

Office Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

T-shirt size (Please circle one): **S M L XL 2XL 3XL**

**WAIVER (MUST BE SIGNED BY ENTRANT):**

In consideration of your accepting of the entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the City of St. Louis, BJC Healthcare, Bee-Fit or any sponsor or contributor to this event and their representatives, successors, and assigns for any and all claims or liability of any kind arising out of my participation in or my preparations for this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I agree to abide by any decisions of a Bee-Fit official relative to my ability to safely complete this series of runs/walks. I assume all risks associated with running/walking this event taking place September 12, 2011 – October 23, 2011, including but not limited to falls, contact with other participants, the effects of the weather, traffic and the conditions of the road and sidewalk. I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and sufficiently trained for the completion of this event. My physical condition has been verified by a licensed Medical Doctor. Further, I hereby grant full permission to any and all of the aforementioned parties to use my name, likeness and voice, as well as any photographs, videotapes, motion pictures, recordings, or any other record of this event in which I may appear for any legitimate purpose.

**X** \_\_\_\_\_