



2012

# Mile-By-Mile



## MARATHON

Walk, jog, or run your way to 26.2 miles (or more) in 6 weeks!

Complete and submit this registration form to Ryan J. Lord

via fax @ 314-612-1488 or email @ [LordR@stlouis-mo.gov](mailto:LordR@stlouis-mo.gov).

**Registration forms will be accepted no later than 5:00 pm, September 7<sup>th</sup>.**

From September 10<sup>th</sup> to October 21<sup>st</sup>, track your mileage from every “run” on the attached training log.

Upon completion of the 6 week marathon, submit your training log **(no later than 5:00 pm, October 26<sup>th</sup>)** via fax or email.

**ALL** registered participants who complete **AND** submit a training log will be awarded incentives according to the following 3 classifications:

- **BRONZE** – Participants who complete the required minimum of **26.2** miles will receive a finisher’s medal, incentive apparel, 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 **78.6** miles or more will receive the bronze and silver level incentives with an additional incentive.

**Please provide the following information:**

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

Location: \_\_\_\_\_

Email: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

Shirt: S M L XL 2XL 3XL \_\_\_\_\_

Pants: 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 10, 2012–October 21, 2012, 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.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



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## MARATHON

### Training Log

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

Email: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

Your challenge is to walk, jog, or run 26.2 miles or more between  
**September 10<sup>th</sup> and October 21<sup>st</sup>.**

Use this training log to track your progress.

**This sheet must be submitted no later than 5:00 pm October 26<sup>th</sup>  
in order to be eligible for program incentives.**

Mileage goals for incentives:

- **BRONZE** - 26.2 - 52.3 miles
- **SILVER** - 52.4 - 78.5 miles
- **GOLD** - 78.6 miles or more

**LOG YOUR DAILY MILEAGE HERE:**

	MON	TUES	WED	THURS	FRI	SAT	SUN	Weekly Total
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
<b>Grand Total:</b>								