

Think you are a ROC Star?

Running a 5K can be pretty tough. Its all about sustained effort, attitude, and preparation. Pushing yourself to achieve goals makes you a special individual. But are you a ROC Star? Meet the REAL ROC Stars. Women and their supportive families who compete daily with Ovarian Cancer. It's all about sustained effort and attitude. Facing challenges each day with courage and hope takes the strength of a ROC Star. Celebrate with us as we run and walk to find a cure for Ovarian Cancer. Proceeds from the race go to Families- ROC, a not-for-profit organization that promotes health and wellness for ovarian cancer patients and their families. FamiliesROC supports research and awareness of this silent killer and redistributes funds to the Washington University Research Group for Ovarian Cancer, the National Ovarian Cancer Alliance, and to our local awareness organization SLOCA (St. Louis Ovarian Cancer Awareness.) Be a ROC Star!

Cash prizes for the top 3 male/female finishers overall as well as medals for top 3 age group finishers.

Register by September 20 to guarantee a cool long-sleeve ROC Star t-shirt and race goodie bag.

When & Where:

September 27, 2008
Pre-race registration 7:00
5K Start 9:00 am
1M starts approximately 10:00 am
Beautiful Queeny Park
550 Weidman Rd.
St. Louis, MO 63011

Entry Donation:

ROC Star 5K: \$27.00
1Mile Run: \$17.00

Packet Pick Up:

Packet Pick Up Race number, long sleeve t-shirt, and goody bag may be picked up at Big River Running, 14059 Manchester Road, beginning Monday, September 22, 2008.

Course Info:

The ROC Star 5K is officially timed by Big River Running, and is an accurately measured course. This is a lovely race, that winds through one of the gems of St. Louis, Queeny Park, both on road and gravel path. Family 1 mile fun run will immediately follow the 5K finish and is a flat, easy walking course.

Survivors: Survivors who walk/run receive a teal long sleeve t-shirt to designate winning the battle as well as special treats and gifts. All survivors will get a custom designed commemorative medal.

Name: _____

Age on 09/27: _____ Sex: M / F

Address: _____

Phone: _____

Email: _____

Signature: _____

(By parent or guardian, required if applicant is under 18 years of age)

Date: _____

Make checks payable to:
FamiliesROC
1820 Harbor Mill Rd.
Fenton, Missouri 63026

ROCstar 5K WAIVER: In consideration of your accepting of this 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 Families ROC, St. Louis Ovarian Cancer Awareness, Big River Running Company, St. Louis County Parks and Recreation, or any sponsor or contributor to this event and their representatives, officers, members, successors, and assigns for any and all claims or liability of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I agree to abide by any decision of a race official relative to my ability to safely complete this run. I assume all risks associated with running in these events for October 13, 2007, including but not limited to falls, contact with other participants, the effects of weather, traffic and the conditions of the road. 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.