

5K Race & Walk

St. Louis Second Wind Lung Walk
Saturday, October 16, 2010

Historic Forest Park – St. Louis, MO

The LUNG WALK is a 5K Race, 5K Walk and 1 Mile Fun Walk offering an opportunity to unite our community to benefit some of the nearly 2000 children and adults awaiting the gift of renewed life through lung transplant.

Second Wind Lung Walk

Every breath counts.



Honorary Chairman Ramsey Hachem, MD

*Help us make life better for those waiting for a lung transplant
by being part of the LUNG WALK!!*

Basket Raffle \$1.00 each 6 for \$5.00, Great Prizes for Race Placement, Fundraising and Attendance, Music by The House of Bishops Band, Balloon Twisting, Free Food and Beverages, Race timing courtesy of St. Louis Track Club, RRCA

Learn more about Second Wind and the Lung Walk at:
www.secondwindstl.org or call 314-664-6360

Race Starts and Finishes at the Forest Park Visitor's Center
Registration and Check-in begins - 8:00 a.m. Memorial Ceremony honoring departed members - 8:30 a.m.
Race/Walk starts - 9:00 a.m.

Advance Registration Fee: \$20.00 On Race Day: \$25.00
Commemorative t-shirt for first 300 to register



Second Wind Lung Walk Entry Form

Saturday, October 16, 2010 – Forest Park, St. Louis, MO

Mail completed form and \$20.00 registration fee to:
Second Wind Lung Walk
1708 San Simeon Way
Fenton, MO 63026
One Entrant per entry form

Name _____ Phone _____

Address _____ Cell _____

City, State, Zip _____ Email _____

Team Name _____ Adult T-Shirt Size S M L XL XXL

Team Captain _____ Child T-Shirt Size M L

I will participate in: _____ 5K Race _____ 5K Walk _____ 1 Mile Fun Walk _____ I'm just here for the t-shirt

Age on Race Day _____ Under age 18 requires parent/guardian signature _____

My check is a donation. I am unable to participate \$ _____ Are You a: Recipient, Care Giver, Friend, Professional (circle one)

How did you learn about the Lung Walk? _____

Second Wind Lung Walk Waiver: I hereby waive all claims against the Second Wind Lung Transplant Association, Road Runners Club of America, St. Louis Track Club, Team Spot Tees, sponsors and/or any personnel and agencies connected with this event for any injury I might suffer in this event. I grant full permission for Second Wind to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

Participant Signature _____

Date _____