

# 5K Race & Walk

**St. Louis Second Wind Lung Walk**  
**Saturday, October 17, 2009**  
**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.



*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, Balloon Twisting by Josh Vaughn, Race timing courtesy of St. Louis Track Club**

**Learn more about Second Wind and the Lung Walk  
at: [www.secondwindstl.org](http://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**  
**(includes commemorative t-shirt)**



## Second Wind Lung Walk Entry Form

Saturday, October 17, 2009 – Forest Park, St. Louis, Missouri

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

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

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 \_\_\_\_\_