

CONQUER CASTLEWOOD



Team Adventure Race

Castlewood State Park and Ballwin Parks and Recreation are playing host to a team adventure race. Teams consist of 2 participants in three categories (male, female, and co-ed). The race consists of a 1-2 mile team canoe, 4-5 mile trail bike, and 3-4 mile trail run. Team times will be an average of the two individual times. The event is limited to 80 teams. Prizes to the top 3 finishers in each category as well as attendance prize drawings.

Get your team together and Conquer Castlewood!!
RACE STARTS WITH A SHORT TEAM SPRINT TO THE CANOE! WEAR APPROPRIATE SHOES AND HELMETS MUST BE WORN ON THE BIKE ROUTE!

Date:
 Sunday, June 6, 2010
Start Time:
 1ST Heat 8:00am, 2ND Heat Approx. 8:45am
Location:
 Castlewood State Park
Fee:
 \$60 per team (WE provide the canoe)
Ages:
 14+
For more information or to register visit
www.ballwin.mo.us or
call 636-227-8950



A confirmation e-mail will be sent about a week before the race with event details and heat assignments.



CONQUER CASTLEWOOD

Team Member #1

Team Member #2

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____ Circle one: M F
 E-Mail: _____
 Shirt Size: S M L XL XXL Date of Birth: _____
 (Shirts sized as close as possible)

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____ Circle one: M F
 E-Mail: _____
 Shirt Size: S M L XL XXL Date of Birth: _____
 (Shirts sized as close as possible)

My family and I hereby waive and release the City of Ballwin, The Pointe at Ballwin Commons, Missouri State Parks, their representatives, successors and assign from claims and damages and/or injuries incurred while participating in or as a spectator at a City of Ballwin sponsored activity. I have read and understand the registration policies. I attest as a participant or parent of a minor participant and verify that I am physically fit for competition for this race, and my physical condition has been verified by a licensed medical doctor. Registration is not valid without signature. I also agree, as a participant or parent of a minor participant, to grant full permission to the City of Ballwin to use my name/their name, photograph, videotape, or recording for promotional purposes without obligation or liability to my family. A refund request will be granted if written cancellation is received at least two week prior to the race & a \$5 service charge will be assessed. No rain date.

Participant's signature _____ Date _____
 (Parent's signature if under 18)

Participant's signature _____ Date _____
 (Parent's signature if under 18)

Entry form and \$60 must be received by (not post marked by) May 30th:
 Mail To: The Pointe at Ballwin Commons
 Attn: Jules McCormick
 #1 Ballwin Commons Circle
 Ballwin, MO 63021
 Checks Payable to "City of Ballwin"