



## Fox Trot 5K, 1-mile Fun Run, 5K Family Bike Ride – Sat., Oct. 8

### Arnold City Park

5K – 9 a.m. – \$35 a person

1-mile Fun Run – 10 a.m. – \$15 a person

Family Bike Ride – 10 a.m. – \$15 a person

### Awards

The overall 5K male and female winner will receive a \$100 cash prize and trophy. Medals will be awarded to the top three male and female finishers in each 5K age category: up to 19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 and older. Fun run and bike ride entrants will receive participation medals.

### Packet Pickup

Packet pickup will be from 11 a.m. to 4 p.m. Friday, Oct. 7, in the Fox C-6 Service Center, 849 Jeffco Blvd., in Arnold, and the morning of the race beginning at 7:30 a.m. at Arnold City Park.

**To register, use QR code above, or go to [raceroster.com/events/2022/62319/fox-trot](https://raceroster.com/events/2022/62319/fox-trot), or mail form no later than Oct. 1 with check to:** C-6 Educational Foundation, 745 Jeffco Blvd., Arnold, MO 63010.

**For more information,** contact Matt at [tumoty@sbcglobal.net](mailto:tumoty@sbcglobal.net) or 636-322-8111.

**Circle event:** 5K   Fun Run   Bike Ride (helmets required; 12 and younger must be accompanied by adult)

\_\_\_\_\_  
Name Gender Date of Birth

\_\_\_\_\_  
Street Address Age on race day

\_\_\_\_\_  
City State Zip Cell Phone #

\_\_\_\_\_  
Email

\_\_\_\_\_  
Emergency Contact Name and Phone # Which C-6 school do you represent?

I assume full responsibility for any injury or accident which may occur during my participation in the Fox Trot and I hereby release and hold harmless FLEET FEET Sports, the C-6 Educational Foundation, the City of Arnold, and all other persons and entities associated with the event. I understand that the registered activities and services may have an element of hazard or inherent danger and I take full responsibility for my actions and I acknowledge that I am physically fit and sufficiently trained to participate in the event. I also waive my rights to any photographs that may be taken to publicize the event.

\_\_\_\_\_  
Signature Date