

# 1st Annual 5K RUN



## at SHAPE UP to LIVE FIT

Sunday, May 1, 2011

Shape Up Missouri Joins

Parkway School District for SHAPE UP to LIVE FIT!

**Registration begins: 11:00 am Pre Run Stretch: 11:30 am**

### 5K RUN - Noon Start

12:30 FREE 1 mile Family Fun Run/Walk  
(t-shirt not included: may purchase t-shirts for \$10)

Parkway West High School

14653 Clayton Road Ballwin, MO 63011



Registration Fees: \$25 until April 30, 2011/\$30 day of run (includes t-shirt)

\*\* 5K RUN Shape Up US will DONATE \$2 of each

"TEAM REGISTRATION" fee to your companies' favorite nonprofit organization  
FREE for Kids 12 and under (T-Shirt not included)

Register at <https://events.bigriversrunning.com/shapeup>

For more information:

Contact Ron Ramspott at [RRamspott@pkwy.k12.mo.us](mailto:RRamspott@pkwy.k12.mo.us) or 1.314.415.7034