

THE ROCK of PANAMA CITY

FIRSTFRUITS

5K AND FUN RUN



**Saturday
APRIL 16, 2011**



LOCATION:

**Kinsaul Park
Lynn Haven, FL**

TIME:

8:00 A.M.

You are invited to the 1st Annual FirstFruits 5K and Fun Run, Saturday, April 16, 2011, sponsored by The Rock of Panama City. This event is open to the public and all ages are welcome to participate. However, all participants must sign a waiver/release of liability. The race will begin and end at Kinsaul Park in Lynn Haven, located at the west end of 5th Street.

Early registration must be completed by April 9, 2011.

A t-shirt will be guaranteed to all early registrants.

THERE WILL BE A RAFFLE FOR DOOR PRIZES!!

ENTRY FEE: (No Refunds)

5K
(Postmarked by 4/9/11) . \$15.00
Paid on Race Day \$18.00

Fun Run
(Postmarked by 4/9/11) . \$10.00
Paid on Race Day \$12.00

RACE DAY SCHEDULE

Registration 6:30 a.m.

5K 8:00 a.m.

Fun Run 9:30 a.m.

5K AWARDS: Prizes will be awarded to the overall male & female finishers, as well as the top three (3) male & female finishers in the following age groups:

14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & up

FUN RUN AWARDS:
Overall male & female (12 & under)

FINISHING RIBBONS will be presented to ALL one mile finishers

FOOD & BEVERAGES: Fruit, cookies & drinks will be available after the runs. Water stations on the 5K course.

FOR ADDITIONAL INFORMATION, call Jeff (850) 785-7625. Make checks payable to The Rock of Panama City.

DETACH HERE

ENTRY FORM

DETACH HERE

Complete and return this form to The Rock, 2413 N. Harris Ave., Panama City FL 32405 or register online at ACTIVE.COM.

Name: _____ Age (as of 4/16/11): _____ Male _____ Female _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____ Emergency Contact Info _____

Race Entered: 5K _____ FunRun _____ Adult Shirt Size: S _____ M _____ L _____ XL _____ Child Shirt Size: S _____ M _____ L _____

Waiver of Liability: I agree that by participating in The Rock of Panama City FirstFruits 5K & FunRun, I do so at my own risk. I assume all risk of injury, illness, damage or loss to me or my property that may result, including without limitation, any loss or theft of personal property. I consent to medical treatment in the event of injury, accident and/or illness during this event. In exchange for accepting my entry fee, I agree to be legally bound, for myself, my heirs, next of kin, executors, and administrators, and voluntarily assume all risks of accident or injury and release and forever discharge, indemnify and hold harmless The Rock of Panama City FirstFruits 5K & FunRun, its officers, employees, members, representatives, agents, volunteers, and/or sponsors ("Released Parties") from any and all liability for personal injury or property damage of any kind sustained during the event, whether such personal injury or property damage is caused directly or indirectly by the Released Parties. I have full knowledge of the risks involved and attest that I am physically fit and sufficiently trained to participate in the 5K or FunRun, with parent/guardian signature of approval.

Signature: _____ Date: _____

A parent or guardian's signature is required if entrant is under 18 or otherwise legally incompetent.