



2018 Prefontaine Forest 5k Run
&
Tallahassee City Open
High School XC Championships

- When:** Saturday, September 15, 2018, 8:30 am (Please arrive early to avoid line at park entrance)
- Where:** Silver Lake Recreation Area. Highway 20 west, 3.5 miles past Capital Circle to Silver Lake Rd. Turn left on Silver Lake Road and go 3 miles south to the Silver Lake Recreation Area. **\$3/car national forest gate fee. Ranger CANNOT make change, so PLEASE BE PREPARED!!**
- About:** Off-road race benefiting the St. Francis Wildlife Foundation and the GWTC Chenoweth Fund (provides grants and awards for local youth and adult runners)
- Registration:** Online at Eventbrite through September 14- \$12; paper registrations - \$14

Race Day In Person (\$15): Gates open at 7am, registration begins at 7:15am.

School Teams – \$40 per gender squad. Complete this form and give to your coach.

Additional Donation to St. Francis \$_____ or Chenoweth Fund \$_____

- Information:** Contact Doug Bell, 510-7146 or doug.bell@MHDfirm.com
- High School team coaches, contact Gary Droze: gdroze@maclay.org

*******For Race Day and High School Registration, please fill out COMPLETELY and LEGIBLY*******

Name: _____ DOB: _____ Sex: _____

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

If participating on HS XC team, name of school: _____

WAIVER: In consideration of your acceptance of my entry as a participant in the Prefontaine Forest 5k Run, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against RRCA, Gulf Winds Track Club, its officers and directors, members or representatives and all volunteers, the USDA Forest Service, and others promoting or assisting in any way the promotion or organization of The Prefontaine Forest 5k Run, which may arise from my participation in the this race on September 15, 2018 or while traveling to or from the event, even if caused in part by the negligence or negligent actions or other fault of the parties or persons I am hereby releasing by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of the liability without fault. My participation is voluntary and done at my own risk. I understand that running a cross-country race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and sufficiently trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties I am releasing if I suffer injuries and damages even though I do not know to what extent those injuries and damages might be and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement.

Signature _____ (guardian if under 18 years of age) Date: _____