

FSU Cross Country Invitational

Community Open Races - 10/10/09
Grand Opening of The ARP (Apalachee Regional Park)

Where: Apalachee Regional Park - five miles past Capital Circle on Apalachee Parkway.

When: October 10th, 2009
10:10 AM Open Male 5k
10:40 AM Open Female 5k

Entry Fee: \$5 for one runner, \$12 for entry and commemorative course opening t-shirt.

Further Information: Please see www.seminoles.com.

Waiver: In consideration of your accepting this entry, I, the below signed, intending to do legally bound hereby waive or release any and all right and claims for damages or injuries that I may have against Florida State University and all of their agents assisting with the event, sponsors and their representatives and employees. This release includes all injuries and/or suffered by me before, during or after the event on October 10th, 2009. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assigns. I certify as a material condition to my being permitted to enter the race that I am physically fit and conditionally trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor.

Signature (under 18 requires parent's consent):

For race entry, complete this form and mail to the below address:

Name: _____
Date of Birth: _____
Gender (circle one): Male Female
T-shirt Size: _____
Email Address: _____
Phone Number: _____

Race day entry can be performed day of at the course starting at 7:30 AM.

Make checks payable to:
FSU Officials Association

Send entries to:
FSU Cross Country, 1107 Spirit Way,
Tallahassee, FL 32306