

Havana Springtime 5K Race and 1-Mile Fun Run

Hosted by First Presbyterian Church of Havana



Net Proceeds go to the American Cancer Society
 Sponsors: Havana Herald, Tomato Café and Tea Room, Havana Medical Center, Key Heating & Cooling, NAPA Auto Parts, Talquin Portable Restrooms, Southern Accents--A Hair Salon, Alternative Veterinary Medicine, Little River General Store, Magnolia Café, Mockingbird Café, Bugsy's Pizza & Stuff, Hobbit Grill, Joanie's Gourmet Market, Traditions Antiques & Gifts, Kellum's Furniture, Eric Newhall--Photographer



- DATE:** Saturday, March 13, 2010 • Registration 7:00-7:45 am • 5K Race starts at 8:00 am • 1-Mile Fun Run starts at 9:00 am • Awards at 9:30 am
- PLACE:** First Presbyterian Church, 213 1st St NE, Havana, Florida • Directions from Tallahassee: Hwy 27 N to Havana (12 mi north of I-10). Turn right at 2nd traffic light. 1st Pres Church is straight ahead • Parking: street, 1st Baptist Church, Salem United Methodist Church
- AWARDS:** 5K—Overall M/F; Top three in age groups M/F(<19, 19-39, 40-59, 60+) 1-Mile—Top three M/F; all finishers 14 and under receive medal
- COURSE:** Paved course through residential areas of Havana, including Twin Ponds Subdivision <http://www.usatf.org/routes/view.asp?rID=344131> • <http://www.usatf.org/routes/view.asp?rID=344186>
- PACKETS:** Pre-race: Thurs-Fri, Mar 11-12, 10 am to 5 pm, Little River General Store, 308 N Main St, Havana, Florida (539-6900) • Race day: 1st Pres Church, 7-7:45 am
- MORE INFO:** Cindy Snowden, csnowden@bellsouth.net, (850) 264-4355
 Rita Love, rlove55@hotmail.com, (850) 539-6900
- FEES:** Early registration (postmarked by 3/1/10): \$12, T-shirt included • No T-shirt: \$10
 Race Day Registration: \$20 (T-shirt included while supplies last)
- ENTRY:** Make checks payable to: **First Presbyterian Church of Havana** • Mail check and registration form to: **D. Coury, 416 Red Fox Lane, Havana, Florida 32333**

Registration Form and Waiver

Name:		Phone:	
DOB/Age on race day:		Email:	
Mailing Address:			
Street		City	State/Zip
T-shirt size: (check one)	Adult: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	<input type="checkbox"/> 2XL (+ \$2)	<input type="checkbox"/> 3XL (+ \$3)
	Youth: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	<input type="checkbox"/> No T-shirt	
Event (check one):	<input type="checkbox"/> 5K <input type="checkbox"/> 1-M	Sex (check one):	<input type="checkbox"/> M <input type="checkbox"/> F
		Amount enclosed: \$	
<p>I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able, physically fit and properly trained. I assume any and all risks associated with this event including but not limited to falls, contact with other participants, effects of weather, including high heat and/or humidity, and traffic and the conditions of the roads, all such risks being known and acknowledged by me. I agree to abide by all the decisions of the race officials relative to my ability to safely complete this run. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. Knowing these facts and in consideration of your accepting my entry, I, hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge First Presbyterian Church of Havana, all of its officers and representatives, volunteers and all sponsors including their agents, employees, assigns, or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the persons named in this waiver. The Release and Waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants full permission to First Presbyterian Church of Havana and/or agents authorized by them to use any photograph, videotapes, motion picture or any other record of this event for any legitimate purpose.</p>			
Signature (parent if under 18):		Date:	

Download this form at: <http://www.gulfwinds.org>