

ST. ANDREWS
MARDI GRAS 5K RUN & FITNESS WALK
&
ONE MILE FAMILY FUN RUN/WALK

February 13, 2010
8 a.m.

At the "St. Andrew's Community" of Panama City, FL.

The 10th Annual St. Andrew's Mardi Gras 5K run / Fitness Walk along with a 1 mile Family Fun Run / walk will begin and end at the St. Andrew's Civic Club, 2629 W. 10th St., adjacent to the "Oaks by the Bay Park" near the St Andrews Marina at 10th St. and Beck Ave. in downtown St. Andrews, Florida.

Registration will begin at 6:30 in the St. Andrew's Civic Club at 10th Street and Beck Ave in St. Andrews. The 5K will begin at 8 a.m. The One Mile Family Fun Run/Walk will begin at 9 a.m. The awards ceremony will be held in the St. Andrew's Civic Club following the completion of both races.

Colorful T-Shirts to all registered runners. Shirts guaranteed race day to pre-registered participants.

Entry fees for the Mardi Gras 5K Run/Walk will be: \$15.00 prior to February 6, \$18.00 late.
The entry fees for the One Mile Fun Run/Walk will be: \$12.00 prior to February 10, \$15.00 late.
No T-shirt option of \$12 in the 5K and \$8.00 in the one mile run/walk.

Unique awards will be presented in the 5K race to the Overall Male & Female Finishers, Male & Female Masters (40-49) and to Male & Female Grand-masters (50 & up). Unique awards to the top 3 male & female 5k runners & walkers in 5 year age groups.

Fun run awards will be presented in the following age groups: 6 & under, 7 - 8, 9 - 10, 11- 12, 13 - 19, 20 - 34, 35 - 49, 50 - 64, 65 & up.

There will be a **COSTUME CONTEST** and participants are encouraged to wear a Mardi Gras costume or colors.

Post race beverages & snacks will be provided after the runs. Mardi Gras beads to all participants!

Name _____ Phone _____

Address _____ E-Mail _____

City, State _____ Zip-code _____

AGE _____ (RACE DAY) MALE _____ FEMALE _____ PC _____ T-SHIRT SIZE: (circle one) SM MED LG XLG

5K RUN _____ 5K WALK _____ ONE MILE _____ AMOUNT PAID: _____

RELEASE: IN SIGNING THIS FORM FOR MYSELF OR THE PARTICIPANT LISTED HEREON, I UNDERSTAND AND AGREE THAT, ALTHOUGH THE ORGANIZERS OF THE 2008 ST. ANDREW'S MARDI GRAS 5K RUN AND FITNESS WALK AND 1 MILE FAMILY FUN RUN/WALK AND HAVE EXERCISED DUE CARE TO PROMOTE THE SAFETY OF THE PARTICIPANTS, THERE ARE FACTORS PRESENT, INCLUDING TRAFFIC OTHER PEDESTRIANS, WEATHER, ETC., WHICH ARE BEYOND THE CONTROL OF THE SPONSORS. I HEREBY RELEASE THE SPONSORS, BE THEY INDIVIDUALS OR ORGANIZATIONS, OF ALL BLAME OR LIABILITY FOR ANY INJURY, MISADVENTURE, HARM, LOSS OR INCONVENIENCE SUFFERED AS A RESULT OF TAKING PART IN THIS EVENT OR IN ANY OF THE ASSOCIATED ACTIVITIES. I FURTHER AGREE TO FOLLOW ALL APPLICABLE TRAFFIC LAWS AND CONDUCT MY ACTIVITIES IN A SAFE AND PRUDENT MANNER.

SIGNED _____ DATE: _____
PARENT OR GUARDIAN IF UNDER 18 YEARS OF AGE)

MAKE CHECK PAYABLE TO:
DRAGGIN' TAIL RUN
7519 N GAINER BAYOU ROAD
PANAMA CITY, FL 32409

FOR MORE INFORMATION:
JOE EDGEcombe 850-774-0018 or 850-763-5005
MARTY KIRKLAND 850-265-8439

REGISTER ON LINE: www.active.com

E-MAIL: joeruns@yahoo.com