



**Scallop Sprint 5K Run & Fitness Walk**  
**8:00 a.m. (ET)**  
**Saturday**  
**August 7, 2010**

**You are invited to the Scallop Sprint 5K Run. Bring your children and friends.  
Let's promote fitness and have fun, too! Walkers welcome!**

**Run course:** WindMark Beach, The Green at Good Morning Street

**T-shirts:** T-shirts to the first 100 registered runners/walkers by race day.

**Registration:** Race day registration will begin at 7:00 a.m. ET on Saturday, August 7th. Registration fee is \$10.00 early and \$15.00 on race day. The race will begin promptly at 8:00 a.m. ET.

**Awards:** \$50.00 cash award to the 1<sup>st</sup> Overall Male and Female runners.  
Additional awards will be 3 deep in age groups.

**Breakfast:** Breakfast can be purchased following awards at School of Fish – Good Morning Street

Information: Contact the **Gulf County Chamber of Commerce** at 800-239-9553 or 227-1223.

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ENTRY FORM

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address \_\_\_\_\_ Phone: \_\_\_\_\_

T-Shirt: (circle one) Sm Med Lg X-Lg E-mail: \_\_\_\_\_

Waiver: I assume all risks associated with running this event, including but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and the condition of the road, all such risks known and appreciated by me. Having read this waiver and knowing these facts and in condition of your accepting my entry, I release all representatives and successors from all claims or liabilities of any kind arising out of my participation in the Scallop Sprint 5K Run/Walk.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Make checks payable to:  
Scallop Sprint Run/Walk, Gulf County Chamber of Commerce  
150 Capt. Fred's Place, Port St. Joe, FL 32456  
850-227-1223  
Info@GulfChamber.org