

BOAT LAKE DUATHLON - FUNDRAISER

(5K RUN, 10 MILE BIKE, 1 MILE RUN)

5K RUN / 5K WALK / 1 MILE FAMILY FUN RUN

MAY 21, 2011 8 a.m.
BOAT LAKE PICNIC AREA
SUNNY HILLS, FL

DUATHLON: \$25.00 (with shirt) OR \$20.00 (without shirt)

5K RUN: \$15.00 (with shirt) OR \$10.00 (without shirt)

5K WALK: (non-competitive) \$15.00 (with shirt) OR \$10.00 (without shirt)

1 MILE: (non-competitive) walk/run \$ 5.00 (NO T-SHIRT) FINISHING RIBBONS

Gatorade, water, fruit & cookies will be served following the run.

Hot dogs, chips and a soft drink will be available for purchase for \$3.00 per person.

T-shirts guaranteed to early registrants and will be available for purchase. Standard 5 year age groups for the duathlon and the competitive 5K run/walk

The Boat Lake area will be available to athletes and their families to enjoy the rest of the day.

The proceeds will benefit the John Stone family who lost everything in their recent house fire in the Sunny Hills area on April 9th.

Name _____ Sex _____ Age _____

Address _____ Phone _____

_____ E-mail _____

Race entered: Duathlon _____ 5k Run _____ 5k Walk _____ 1 Mile _____ PAID \$ _____

Waiver: In consideration of this entry, I the undersigned, intending to be legally bound hereby, for myself, heirs, executors, and administrators, waive and hereby release any and all rights and claims for damages I may have against the Panhandle Runners, Sunny Hills, Washington County, or any representative or member of these organizations, or their successors and assigns, for any and all injuries suffered by me in this event. I attest that I am physically fit and have trained sufficiently for the completion of this event.

Signature _____

Dated _____ Parent of guardian's signature if under 18 or otherwise legally incompetent.

Make Checks Payable to: Panhandle Runners & Triathletes Club
Po box 381
Panama City, FL 32402

For more information call: Joe (850-774-0018)
Register on line at: active.com