



Florida State University

Nov 5th, 2011

Habitat for Humanity®

ONE STEP AT A TIME 5K/ HABIHUSTLE MILE FUN RUN

COME JOIN HABITAT FOR HUMANITY AT FSU FOR OUR ANNUAL FALL 5K! THIS YEAR'S THEME IS "ONE STEP AT A TIME". BUILDING A HOUSE, MUCH LIKE RUNNING A 5K REQUIRES DEDICATION, PERSEVERANCE, AND SOMETIMES, A HELPFUL NUDGE FROM THE PERSON NEXT TO YOU. IF YOU DON'T FEEL LIKE RUNNING A WHOLE 5K, COME SUPPORT HABITAT BY PARTICIPATING IN OUR NEW EVENT: THE HABIHUSTLE MILE-LONG FUN RUN! SUPPORT HABITAT AT FSU BY PRE-REGISTERING TODAY!



Date & Time: November 5th, 2011
Registration begins at 7:30 A.M.
Race begins at 9 AM.

Awards: Standard age group awards, male and female.

Registration: Make check payable to FSU Habitat for Humanity .

Location: FSU's Mike Long Track

Entry Fees: One Step at a Time 5K:
\$15.00 with a T-shirt OR \$20.00 day of race
HabiHustle:
\$12.00 with a T-shirt OR \$15.00 day of race
Group Rate (over 5 people):
\$10.00 per person (includes shirt)

Mail registration to:
Habitat for Humanity at FSU
100 S. Woodward Avenue
P.O. Box 3064161
Tallahassee, FL 32306

T-Shirts: T-shirts guaranteed to the first 200 registrants.

Race day registration and packet pick-up will start at **8:00 AM**. Registration forms also available at www.fsuhabitat.org.

.....
Waiver: In consideration of your acceptance of my entry as a participant in the 2011 "One Step at a Time 5K" or "HabiHustle", I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release all claims for damages, death, personal injury, or loss of property against RRCA, Gulf Winds Track Club, Habitat for Humanity at FSU, and all volunteers and others promoting or assisting in any way the "One Step at a Time 5k" or "HabiHustle, which may result from my participation on November 5, 2011 or while traveling to and from these events.. My participation is voluntary and done at my own risk. I understand that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and trained for the competition of this event.. I fully understand I am forever giving up in advance any right to sue or make claims against the parties I am releasing if I suffer injuries and damages, and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement. (Parent or Legal Guardian must sign if under 18).

Event : (Check One) 5K
 HabiHustle

Signature: _____ Date: _____

Name: _____ Age on 11/5/11: _____

Address: _____ (City, Zip Code): _____

Phone number: _____ Circle one: Male Female E- Mail: _____

Group Name (if applicable) _____

T-shirt size: (Please circle) YS YM YL S M L XL (Sizes guaranteed only to early registered runners)

For more information, contact Habitat for Humanity at FSU at info@fsuhabitat.org or Josh Adametz: **(561) 951-3197**