

Flagler College Tallahassee

5K "Run/Walk for the Books"

Saturday, Nov. 5th

Proceeds benefit area
elementary school classrooms

Location: TCC campus, Applegard Drive, behind Lifetime Sports Complex.

Registration: 8:00-9:00 a.m.

Race start: 9:00 a.m. Run/Walk

Early registration \$5.00 (on or before Oct 26th) t-shirt included

\$10.00 after Oct 26th t-shirts available on first come, first serve basis, while supplies last

Make checks payable to: Flagler College Tallahassee

Or register online at www.raceit.com (flagler)

Awards for top winners in each age group

For more information: contact Karen Atkinson at atkinsok@tcc.fl.edu or 201-8070

**Send applications and entry fee to: Flagler College Tallahassee Attn: 5K
444 Applegard Drive Tallahassee, FL 32304**



Bring a used children's book to be entered into door prize drawings.

Name: _____ **Date of Birth** _____ **Age on Nov 5th** _____

Address: _____ **Phone:** _____

Email: _____ **Gender: Male**__ **Female**__

5k total \$ _____ **T-shirt size: Adult S M L XL Youth M**

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter the 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 another participant, effects of weather, including heat and/or humidity, traffic and the conditions of the roads. I agree to abide by all the decisions of the race officials relative to my ability to safely complete this run/walk. I agree not to wear headsets, run with dogs, baby joggers or strollers during the running 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 Flagler College, Gulf Winds Track Club race officials, volunteers and all sponsors including their agents, employees, assigns, or anyone acting on their behalf from any and all claims of every kind of nature whatsoever, foreseen, known or unknown. The undersigned grants full permission to Flagler College and Gulf Winds Track Club and/or agents authorized by them to use any photograph, videotapes, motion picture or and record of this event for any legitimate purpose.

Signature (parent/guardian if under 18) _____