



FSU's College of Social Work and
The Volunteers of America of Florida present:

Race for the Vets 5k!

April 17th, 2011



Date/Time: April 17th, 2011

Registration begins at 8 A.M.

Race begins at 9 A.M.

Location: FSU's Mike Long Track

Entry Fees: Early Registration (on or before 4/16/2011)

\$10.00 (Without a T-Shirt)

\$15.00 (With a T-Shirt)

General Registration (4/17/2011 – Race Day)

\$15.00 (Without a T-Shirt)

\$20.00 (With a T-Shirt)

(*T-Shirt not guaranteed for race day registrations.)

Awards: Standard age group awards, male and female.

Registration: Please make checks payable to Volunteers of America of Florida.

Mail Registration to:

Volunteers of America of Florida

(Tallahassee Veterans Village)

1280 Kissimmee Street # 801

Tallahassee, FL 32310

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

Race day registration and packet pick-up will start at 8:00 A.M. You may also register online at www.active.com

Waiver: in consideration of your acceptance of my entry as a participant in the 2011 "Race for the Vets 5k," 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 Volunteers of America of Florida, and all volunteers and others promoting or assisting in any way the "Race for the Vets 5k," which may result from my participation on April 17th, 2011 or while traveling to and from this event. 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 any 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.)

Signature: _____

Date: _____

Name: _____

Age on 4/17/2011: _____

Address: _____

City/State/Zip Code: _____

Phone Number: _____ Circle One: Male Female Email: _____

T-Shirt Size (Please Circle) S M L XL (Sizes guaranteed only to early registered runners)

For more information contact Ashley Rose at adr04@fsu.edu or (727) 244-6597