



25th Anniversary

SGI Sizzler

Saturday August 6, 2022

Berkshire-Hathaway Beach Properties

1st West & Pine -- St. George Island, Fl

4 :00 pm –Packet Pickup/Onsite Registration

6:30 pm – 1 Mile Fun Run

7:00 pm – 5K Race/Walk

7:30 pm – Post Race Party

Run!!!

Walk!!!

Help Support Seniors in Franklin County. Elder Care Community Council of Franklin County (ECCC) is sponsoring The SGI Sizzler 5K Run/Walk & One Mile Fun Run. It is the 25th Anniversary for the race tradition on St. George Island. All proceeds will benefit ECCC as we work to bridge the gaps for seniors in Franklin county. We will have the same USTAF certified course as 2018 with two water stops and icy cold washcloths and water/Gatorade at the end of the race.

Post Race--Food and Awards. We will have the traditional 3-deep age group awards as well as the Masters, Grand Masters and Senior Grandmasters categories. We are also presenting awards to celebrate our elders to the oldest male and female finishers. After the race, enjoy a post-race party featuring a barbeque sandwich and chips (included in your registration). Additional barbeque tickets for friends and family are available.

PRE-REGISTRATION ONLINE at Eventbrite.com ECCC [SGI Sizzler] NO REFUNDS

PRE-REGISTRATION BY MAIL:

**MAIL form and signed waiver to ECCC, PO Box 335, Eastpoint FL 32328 by July 22, 2022
Please Make Checks Payable to ECCC**

Full Registration	
\$30	SIZZLER 5K Run / Walk One Mile Fun Run/Walk
\$25	Military
Includes 5L Dry Bag 1 Party Ticket (Barbeque Sandwich)	
No Dry Bag Option	
\$25	SIZZLER 5K Run / Walk
\$25	One Mile Fun Run/Walk
\$15	STUDENTS 18 and under; Cross Country teams
Includes 1 Party Ticket (Barbeque Sandwich)	
Help Support ECCC Additional Post Party Tickets \$10	



Proceeds Support Seniors in Franklin County

PRE-REGISTRATION

Eventbrite.com [SGI Sizzler] OR ecccfranklin.org

NO REFUNDS



SGI Sizzler

Saturday August 6, 2022

NAME: FIRST _____ LAST _____

AGE on 8-6-22 _____ (Please Circle) GENDER: Male Female (Please Circle) RUN/WALK: 5K 1 Mile

DOB: _____ Email: _____

Address: _____ City/Zip _____

Enclosed (Please Circle)

Full Registration \$30 [5K/1Mile] \$25 [Military 5K/1mile]

No Dry Bag Option \$25 [5K/1Mile]

Student \$15

Make Checks Payable to ECCC

Please mail form to ECCC, PO Box 335, Eastpoint FL 32328 by July 22, 2022

Race Waiver

I know that running a road race is a potentially hazardous activity. I should not enter and 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 other participants, effects of weather, including high heat and/or humidity, and traffic and the conditions of the roads, all such risks being known and acknowledged by me. 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 a headset or earbuds during the race. I agree not to run with a pet. I agree to run at the back of the starting field and to give right of way to all runners if I am using a stroller. I understand that heat is a considerable factor in running this race and will take my health into due consideration before taking part.

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 all Elder Care Community Council (ECCC) race officials, volunteers and all sponsors including their agents, employees, assigns, or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the person named in this waiver. The Release and Waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants permission to ECCC or agents authorized by them to use any photograph, video, motion picture or any other record of they event for any legitimate purpose.

COVID-19 Waiver

I acknowledge the contagious nature of the Coronavirus/COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing. I further acknowledge that ECCC has put in place preventative measures to reduce the spread of the Coronavirus/COVID-19. I further acknowledge that ECCC cannot guarantee that I will not become infected with the Coronavirus/COVID-19. I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, race volunteers, and other participants and their families.

I attest that:

- I voluntarily seek entry to the ECCC SGI Sizzler 5K Race & One Mile Fun Run and acknowledge that I am increasing my risk to exposure to the Coronavirus/COVID-19.
- I acknowledge that I must comply with all set procedures to reduce the spread while participating in the race(s).
- I am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache sore throat or new loss of taste or smell.
- I have not traveled internationally within the last 14 days.
- I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.
- I have not been diagnosed with Coronavirus/COVID-19 and not yet cleared as non-contagious by state or local public health authorities.
- I am following all CDC recommended guidelines as much as possible and limiting my exposure to the Coronavirus/COVID-19.

I hereby release and agree to hold ECCC harmless from, and waive on behalf of myself, my heirs, and any personal representatives any and all causes of action, claims, demand, damages, costs, expenses and compensation for damage or loss to myself and/or property that may be caused by any act, or failure to act of ECCC or that may otherwise arise in any way in connection with any activities sponsored by ECCC.

I understand that this release discharges ECCC from any liability or claim that I, my heirs, or any personal representatives may have against ECCC with respect to any bodily injury, illness, death, medical treatment, or property damage that may arise from, or in connection to, any services received from ECCC. This liability waiver and release extend to ECCC, it's officers and membership.

Signature: _____ **Date:** _____
(Parent or guardian if under 18)