

TATE'S HELL 5K RUN/WALK Oct 7, 2023

Date & Time: Oct 7, 2023. Race starts at 8:00 am. Race Day registration and shirt/number pickup begins at 6:45 am.

Course: Start at Crooked River Grill in St James Bay. Run or Walk the beautiful course on both roads and through the golf course.

Registration: Received before Sept 1st – \$25. Mailed after Sept 1st or Race Day (shirt not guaranteed) \$30. Shirts are male and female cut - mark your choice in the form!

Awards: Overall Male and Female winners. Age class awards for males and females.

Early registrations can be mailed to: BeLinda Wharton, 702 NW 3rd St, Carrabelle, FL 32322. Make check payable to: Tate's Hell 5k Benefit Fund. Proceeds benefit Aaron Meals in Franklin County.

Print Name _____

Age on 10/7/2023 _____

City _____ State _____

Email _____ (Circle) Male Female

Emergency contact + phone # _____

Circle Shirt Size: S M L XL

Shirt Choice: Male cut Female cut

I know that running a road race is potentially hazardous. I am medically able to participate and assume any and all risks associated with this event. I agree to abide by all decisions of the race officials regarding my ability to participate. I hereby release all officials and volunteers of Tate's Hell 5k of any claims or liability for any injury or illness (COVID) associated with the race. This release and waiver extends to all claims of every kind and nature whatsoever.

Signature _____ Date: _____