



NORTHWEST FLORIDA TRACK CLUB



Date: Saturday, July 23, 2011 at 7:00 am, Kids Run starts at 8:00am Ages 0-12

Awards Ceremony at 8:45am at the Emerald Coast Convention Center

Race Locations: The Landing in Fort Walton Beach 139 SE Brooks St., Fort Walton Beach, Florida 32549

ALL PROCEEDS GO TO: Emerald Coast Wildlife Refuge

Course: 3.1 mile flat course on Brooks Street or Kids 1 Mile course

Entry Fee: \$25 dollars and does include a 2-Day Pass to the Fitness Expo Daytime events at the Emerald Coast.

Convention Center. This pass does NOT include the night TRI STATE BODYBUILDING FINALS.

Kids fun run is \$10 dollars. Students and military and track club members \$17 before the 20th and \$23 after the 20th.

Incentives: Awards will be given for Overall Male/Female, Masters Male/Female for ages

0-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-60+

Packet Pick-Up: July 17th, 20th & 22nd, 2011 4:00pm to 8:00pm @TGI Fridays in Destin

Race Day Check-In & Packet Pick-Up: 5:30am - 6:45am at The Landing in Fort Walton Beach

Questions: Brenda Shropshire 797-0399 or Bandtheboys@yahoo.com

Full Name: _____ Sex: Male / Female

Mailing Address: _____

Event: 5K Run ____ 5K Walk ____ Kids 1 Mile ____ Birthdate: ____/____/____ City State Zip Code Age on race day: ____

E-Mail Address: _____ Phone: _____

Emergency Contact Name: _____ Emergency Contact Phone: _____

I have enclosed \$ _____ for the registration fee I would like to make an additional donation of: \$ _____

Please sign the waiver statement below:

I know competing in a 5k is a potentially hazardous activity. I should not enter unless I'm medically able and properly trained. I agree to abide by any decision of the race officials relative to my ability to safely compete in this event. I certify that I have completed the distance that I have registered to compete in prior to completing the 5k/1mile run. I the undersigned, release and forever discharge the city of Fort Walton Beach, Brenda Shropshire, Amanda Eubank, the Northwest FL Track Club, Emerald Coast Wildlife Refuge and all agents, representatives and employees thereof, and their successors, from any and all claims and damage whatsoever which I my heirs, their executors, and administrators have or may have against the city of F.W.B, and the above said representatives, employees by reasons of damage or injuries, which may be incurred by myself while participating in the said activities sponsored by the 5k/1mile run.

Signature: _____ Date: _____

Please complete form & make checks payable to: RUN FOR THE PANHANDLE

Mail to: Run for the Panhandle Attn: Brenda Shropshire 34881 Emerald Coast Pkwy. Destin, FL 32550