

Wakulla High School Cross Country Boosters

Freedom 5K and 1 Mile Run/Walk

Wakulla Springs State Park

Date: June 25, 2016

Time: 5K 8:00 a.m.

1 Mile 8:45 a.m.



**Advance Fees-Online Registration Available Thru June 24, 2016
(No online service charge thru June 14, 2016)**

1 Mile (12 & under) w/ Shirt	\$10	Without Shirt	\$ 2
1 Mile (over 12) w/ Shirt	\$18	Without Shirt	\$10
5K (18 & under) with Shirt	\$18	Without Shirt	\$10
5K (Over 18) with Shirt	\$20	Without Shirt	\$12

Race Day Registration: (Shirt not guaranteed)

1 Mile (12 & under) w/ Shirt	\$10	Without Shirt	\$ 3
1 Mile (over 12) w/ Shirt	\$18	Without Shirt	\$10
5K Freedom Run (w/ shirt, if available)			\$25



**Awards for: 1 Mile 5K Top 3 Male and Female (12 & under)
Overall, Master, Grand Master, Senior Grand Master, Minimalist, and Age Group (3 deep)**

Name: _____

Address: _____

City/State/ZIP: _____ **Phone:** _____

Email: _____ **Age on Race Day** _____

Male Female Will you be racing in minimalist shoes? Yes No

Circle Shirt Size: Male/Unisex Female Adult: Small Medium Large XL XXL

Make Checks Payable to: Wakulla High School Cross Country - 139 Magnolia Ridge, Crawfordville, FL 32327

ONLINE REGISTRATION: <https://www.raceit.com/Register/?event=36147>

I know that running or volunteering in a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained. By my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Wakulla High School Cross Country Boosters, Wakulla Springs State Park, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Participant/Parent (If Minor) Signature: _____ Date: _____