

# TATE'S HELL AND BACK 5K RUN/WALK

April 23, 2016

Date & Time: April 23, 2016 Race starts at 8:00 am  
Pre-registration and pickup starts at 6:45 am

Course: Start at Carrabelle Christian Center on River Road, just off 98 in Carrabelle. Run or walk River and Mill Road to the edge of Tate's Hell State Forest and Back!

Early Registration: Adult \$20 includes tech shirt in women's and unisex sizes  
Youth \$12 (under 18) includes tech shirt in women's and unisex sizes

March 23 through Race Day: Adult \$25 includes tech unisex shirt  
Youth \$15 includes tech unisex shirt  
Register early to ensure you get the perfect shirt fit on Race Day!

Awards: **ALL FINISHERS** receive a double walled tumbler! Top male and female finishers receive a special gift.

Directions: Carrabelle Christian Center is located at 142 River Road, Carrabelle, FL 32322.

Complete form and send to BeLinda Wharton, 702 W 3<sup>rd</sup> St, Carrabelle, FL 32322. Make check out to BeLinda Wharton and note "Tate's Hell and Back 5k" in the memo line. You may request a receipt by mail or email. Questions? Contact BeLinda at bhwharton@gmail.com or at 850-544-5410.

**All proceeds to benefit Franklin Co Senior Citizens Center in Carrabelle!**

Print Name \_\_\_\_\_ Age on 4/23/2016 \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email \_\_\_\_\_ Phone # \_\_\_\_\_

Shirt Size: XS \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

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 and Back 5k of any claims or liability for any injury associated with the race. This release and waiver extends to all claims of every kind and nature whatsoever.

Signature (parent if under 18): \_\_\_\_\_ Date: \_\_\_\_\_