

6th ANNUAL



**2016 Trash Dash
5k and 1 mile fun run**

The ~~3~~⁴ R's

Reduce.

Reuse.

Recycle.

RUN!

**2016 Sustainable Tallahassee
5K Trash Dash and 1 mile Family Fun Run/Walk
Leon County Apalachee Regional Park
7550 Apalachee Parkway**

**SATURDAY
OCTOBER 29, 2016**

CHIP TIMING

7:30 AM Registration / Pack Pick-up

8:30 AM 5K Trash Dash

9:00 AM 1 mile Family Fun Run/Walk

*Together we will Improve our Quality of Life,
Protect and Conserve our Natural Resources, and Strengthen our Local Economy*



www.SustainableTallahassee.org • 850-597-9636

SUSTAINABLE TALLAHASSEE and LEON COUNTY

host the

2016 Sustainable Tallahassee

5K Trash Dash and 1 mile Family Fun Run/Walk

REGISTRATION FORM

Date: Saturday, October 29, 2016

Location: Leon County Apalachee Regional Park, 7550 Apalachee Parkway

Time: 7:30 AM Registration and Check-in
8:30 AM 5K Trash Dash
9:00 AM 1 mile Family Fun Run/Walk

Awards for 5K Trash Dash: Overall Male/Female
Overall Masters Male/Female
2 Deep in 10-year age groups
12 and under

Awards for Family Fun Run/Walk: Overall Male/Female

Course: Leon County's Cross Country Course at Apalachee Regional Park

Registration: 5K Trash Dash \$15 includes t-shirt / \$10 without t-shirt
1 mile Family Fun Run/Walk \$10 includes t-shirt / \$8 without t-shirt. Children under 12, free without t-shirt
.. Please add \$5 for 5K registration on day of the race.

Extra t-shirts available for \$10.

Mail Registration to:
Sustainable Tallahassee
P.O. Box 765
Tallahassee, FL 32302

OR

Register Online
<http://bit.ly/2cweMhz>
SustainableTallahassee.org

Mail Registration Cutoff 10/22/16

Name: _____ Age: ____ DOB: ___/___/___ Male ___ Female ___

Phone #: _____ E-mail: _____

Address: _____ City/State/Zip: _____

Race (circle choice): 5K Trash Dash or 1 Mile Family Fun/Run Walk

Youth Shirt (circle choice): S M L Adult Shirt (circle choice): S M L XL No shirt

WAIVER: In consideration of your acceptance of my entry as a participant in the 2016 Sustainable Tallahassee 5K Trash Dash or 1 mile Family Fun Run/Walk, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against Sustainable Tallahassee and Leon County, FL, their officers and directors, members or representatives and all volunteers and others promoting or assisting in any way the promotion or organization of the Trash Dash race, which may arise from my participation in the these races on November 14, 2015 or while traveling to or from the event, even if caused in part by the negligence or negligent actions or other fault of the parties or persons I am hereby releasing by the dangerous or defective condition of any property or equipment, owned, maintained or controlled by them and/or because of the liability without fault. My participation is voluntary and done at my own risk. I understand that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and sufficiently trained for the competition of this event. I fully understand I am forever giving up in advanced any extent those injuries and damages might be and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement.

Signature: _____

Date: _____