

38th Annual

TRICKER TREK 10K / 5K Run & 1 MILE NON-COMPETITIVE RUN/WALK

8:00 A.M.
SATURDAY
OCTOBER 29, 2016

You are invited to the 37th annual Tricker Trek 10K, 5K, and 1 Mile run/walk. Please come and bring a friend. Dress up and enjoy the costume contest. You are encouraged to bring your children. Let's promote fitness and have fun too! Walkers are welcome!

RUN COURSE: This year's race will start at the Panama City Beach Conservation Park Visitor Center at the end of Griffin Blvd. Griffin Blvd. is located one mile west of hwy 79 off Back Beach Road on Panama City Beach, Florida. The 5K & 10K course are on a hard packed dirt road, out and back. The one mile run/walk will be on the new paved trails and will cross over some boardwalks. Additional parking will be at Frank Brown Park, with a mile warm up walk.

T-SHIRTS: T-shirts to the first 200 registered participants on race day. **\$15.00 No T-Shirt option will be available race day.** Special Halloween awards will be given. Food and Beverages will be available for all races.

REGISTRATION: 10K & FUN RUN

Registration 6:30 A.M..
5K & 10K 8:00 A.M..
FUN RUN 9:30 A.M..

ENTRY FEE: 10K/5K AND 1 MILE FUN RUN
(No Refunds)
ADULTS: \$20.00 postmarked by 10/23/16, \$25.00 late & race day
KIDS 16 & Under: \$15 early, late & race day
(\$2.00 discount to PR & T active members)
ENTRY FEE: 1 MILE: Kids & Adults: \$15 early, late & race day

10K & 5K AWARDS:

1st place OVERALL Male & Female
1st place MASTERS Male & Female
1st place GRANDMASTERS Male & Female
1st place SENIOR GRANDMASTERS Male & Female

ONE MILE AWARDS:

Awards to the overall male and female finisher.
Goodies to all fun run finishers

Awards three deep in the following age groups:

10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & up

Halloween costume contest! It's Halloween so everyone please wear a costume or something "Halloweenish or your choice- be creative, it's not necessary to run in your costume. The judging for the contests will follow both runs. Prizes for most creative, funniest, scariest and cutest. *There will be separate costume contest for Adults & Kids.*

FOOD & BEVERAGES: Fruit, cookies & drinks will be available after the runs. Water stations on the 10K & 5K course.

FOR ADDITIONAL INFORMATION: Call Gumby Weckherlin (850) 271-5896 or Joe Edgecombe (850)774-0018

Name _____ Age _____ Sex _____
Address _____ (As of 10/29/16)
Telephone: _____
E-mail _____
T-SHIRT SIZE: (circle one) Sm Med Large X-Large
address: _____
Race entered: 10K _____ 5K _____ One mile: Adult _____ Kids _____

WAIVER:

I assume all risks associated with running this event, including but not limited to, falls, contact with other participants, the effects of weather including high heat and/or humidity; traffic, and the condition of the road; such risks being known and appreciated by me. Having read this waiver and knowing these facts and in condition of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Panhandle Runners & Triathletes Club, the City of Panama City Beach, the County of Bay, the Panama City Beach Conservation Park and all supporting sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the 2015 Tricker Trek 10K, 5K and One Mile Fun Run.

Signature: _____ Date: _____
MAKE CHECKS PAYABLE TO: Panhandle Runners & Triathletes Register on line @ active.com
P. O. Box 381, Panama City, FL 32402