



The Inaugural Workout Anytime JBJ 5K Run/Walk will held on May 14th. It will begin and end in the main St. Andrew's State Park's Pavilion and parking lot on Panama City Beach, Florida.

Pre-registration packet pick up and race day registration will begin at 6:30 in the main park pavilion. The 5K will begin at 8 a.m. **Early packet pickup will be held at Workout Anytime Fitness Center on Friday, May 13th from 11 a.m. until 7 p.m.** The awards ceremony will be held following the completion of both races. Colorful T-Shirts to all registered runners. Shirts guaranteed race day to pre-registered participants. Entry fees for the **Workout Anytime 5K Run/Walk** will be: \$25.00 prior to May 7th, \$30.00 late. **No refunds.** If you are unable to participate, the fee will be considered a donation to benefit, **Lift for the 22.** Online registration on active.com:

<https://endurancecui.active.com/event-reg/select-race?e=30293054&int=29-110-1>

Unique awards will be presented in the 5K Run to the Overall Male & Female Finishers. Additional awards will go to the top 3 male & female 5K runners in 5 year age groups. All runners will receive finisher medals!

Post race beverages & snacks will be provided after the runs

Name _____ Phone _____

Address _____

E-Mail _____

City, State _____ Zip-code _____

AGE _____ (RACE DAY) MALE _____ FEMALE _____ T-SHIRT SIZE: (circle one) SM MED LG XLG

5K RUN _____ AMOUNT PAID: _____

RELEASE: IN SIGNING THIS FORM FOR MYSELF OR THE PARTICIPANT LISTED HEREON, I UNDERSTAND AND AGREE THAT, ALTHOUGH THE ORGANIZERS OF THE Workout Anytime JBJ 5K RUN, Draggin' Tail Run and St. Andrew's State Park, AND HAVE EXERCISED DUE CARE TO PROMOTE THE SAFETY OF THE PARTICIPANTS, THERE ARE FACTORS PRESENT, INCLUDING TRAFFIC OTHER PEDESTRIANS, WEATHER, ETC., WHICH ARE BEYOND THE CONTROL OF THE SPONSORS. I HEREBY RELEASE THE SPONSORS, BE THEY INDIVIDUALS OR ORGANIZATIONS, OF ALL BLAME OR LIABILITY FOR ANY INJURY, MISADVENTURE, HARM, LOSS OR INCONVENIENCE SUFFERED AS A RESULT OF TAKING PART IN THIS EVENT OR IN ANY OF THE ASSOCIATED ACTIVITIES. I FURTHER AGREE TO FOLLOW ALL APPLICABLE TRAFFIC LAWS AND CONDUCT MY ACTIVITIES IN A SAFE AND PRUDENT MANNER.

SIGNED _____

DATE: _____
PARENT OR GUARDIAN IF UNDER 18 YEARS OF AGE)



MAKE CHECK PAYABLE TO: JBJ Productions, Inc.
7519 N. Gainer Bayou Rd
Panama City, FL 32409

Register online: active.com
For information: email: joeruns@yahoo.com