



4<sup>th</sup> annual

# 5K at Fifth

June 10, 2017

**All proceeds will benefit Leon High Volleyball and TMH Cancer Wing.**

**Date:** June 10<sup>th</sup> 2017

**Time:** Registration starts at 6:30 am (Lafayette Park Community Center – 403 Ingleside Ave)  
Race starts at 8:00 am

**Location:** Start at Lafayette Community Center (403 Ingleside Drive)  
Race ends at 1122 Thomasville Rd at Fifth and Thomas.

**Entry Information:**

Early Registration on or before June 10<sup>th</sup>

\$20.00, includes t-shirt

\$15.00, no shirt option

Day of Race Registration

\$22.00, includes t-shirt

\$17.00, no shirt option

Make checks payable to Leon Volleyball Boosters and mail to 1111 Sandhurst Dr. Tallahassee, FL 32312

Registration also available at Finnegan's Wake and Capital City Runners

Registration forms and information at

[runatmidtown.org](http://runatmidtown.org)

**Race Packet Pickup:**

Friday June 9<sup>th</sup> 5-7 pm in the breezeway at Manor@Midtown 1122 Thomasville Road

Saturday, June 10<sup>th</sup> starts at 6:30am (Lafayette Park Community Center)

**For more information** email Shannon Moore at [lee\\_shannon@rocketmail.com](mailto:lee_shannon@rocketmail.com)

Registration forms at [www.runatmidtown.org](http://www.runatmidtown.org)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Sex: \_\_\_\_\_

Email: \_\_\_\_\_

T Shirt Size (circle one) S M L XL No Shirt: \_\_\_\_\_

Total Amount Enclosed: \_\_\_\_\_

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able, physically fit and properly trained. I assume any and all risks associated with this event including but not limited to falls, contact with other participants, effects of weather, including high heat and/or humidity, and traffic and the conditions of the roads, all such risks being known and acknowledged by me. I agree to abide by all the decisions of the race officials relative to my ability to safely complete the run. I agree not to wear headsets or run with dogs during the race. Knowing these facts and consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge all Leon Volleyball officials, volunteers, and all sponsors including their agents, employees, assigns, or anyone acting on their behalf from any and all claims or liability for death, personal injury, or negligence or carelessness on the part of the persons named in this waiver. The Release and Waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants full permission for Leon Volleyball and/or agents authorized by them to use any photograph, videotapes, motion picture, or any other record of this event for any legitimate purpose.

Signature of Entrant (Parent of Legal Guardian if under 18 years old)

Date: \_\_\_\_\_