



# Jingle Jog Carrabelle 5k Run/Walk

## Sat Dec 9, 2017

8:00am 5k start

8:30am Breakfast start

The Jingle Jog starts and ends at Franklin County Senior Center. All participants will get a yummy PANCAKE BREAKFAST after the race! Extra breakfast tickets will be available for \$5 in advance or at the door.

Entry fee \$20 early/ \$25 late and includes a short sleeve shirt and breakfast. T-shirts are guaranteed to pre-registered participants only. Some shirts will be available on race day until they run out.

Top male and female runners will receive a fun prize.

Early registrations can be mailed to BeLinda Wharton, c/o Franklin Co Senior Center, PO Box 814, Carrabelle, FL 32322. Make check payable to: Tate's Hell and Back 5k Benefit Fund. Proceeds benefit the Senior Center.

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Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ (Circle) Male Female T-shirt size S M L XL

Extra Breakfast Tickets? \_\_\_\_\_ Total amt paid \_\_\_\_\_

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 the Jingle Jog Carrabelle 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.

Signed \_\_\_\_\_ Date \_\_\_\_\_  
(Parent if under 18)