



## **21st Annual St. George Island Sizzler 5 K Race & One Mile Fun Run**

Saturday, August 4, 2018. The St. George Island Sizzler 5K Race & One Mile Fun Run is an annual event sponsored by the Tate's Hell Track Club. All proceeds benefit The Elder Care Community Council of Franklin County, Inc. 2018 is our first year to organize this event that previously benefited the Franklin County Humane Society. After the race, enjoy a Post Race Party at Doc Myer's Island Pub and Sports Bar. Chicken Wrap, Chips and Watermelon will be served. Two live bands will provide music.

### **Saturday, August 4, 2018**

St. George Island, FL

4:00 pm - On-site Registration & Packet Pickup at Doc Myer's

6:30 pm - One Mile Fun Run

7:00 pm - 5K Race

7:30pm - Post Race Dinner, Party, and Awards

### **Registration**

To pre-register online or by mail visit:

EventBrite – SGI Sizzler

Mail-in Pre-registrations must be received by August 1, 2018

After this date all registrations will be on-site.

\$30.00 - SIZZLER Option includes: Sizzler Cooler and Handkerchief, Race and one Post Race Dinner Party Ticket

\$25.00 - MILITARY Option includes: Sizzler Cooler and Handkerchief, Race and one Post Race Dinner Party Ticket

\$25.00 - NO COOLER/HANDKERCHIEF Option includes: Race and one Post Race Dinner Party Ticket

\$15.00 - STUDENT under 18 option includes: Race and one Post Race Dinner Party Ticket

On-Site Registration fee is \$35.00 for Race, one Post Race Dinner Party Ticket, and Sizzler Cooler and Handkerchief (if available)

### **Post Race Party and Awards**

This year's party and awards presentations will be held at Doc Myer's Island Pub and Sports Bar. There will be live music. Additionally, full bar and food menu available for purchase including \$1.00 off all alcoholic beverages!

Additional Post Party Tickets \$10.



# ECCC Sizzler 5K Race & One Mile Fun Run

Saturday, August 4, 2018  
St. George Island, FL



## Doc Myers' Island Pub & Sports Bar

4 pm – Packet Pickup & Late Registration  
6:30 pm- One Mile Fun Run  
7:00 pm- 5K Race  
7:30pm - Post Race Party and Awards

**Help Support Seniors in Franklin County!** For the past 20 years, The SGI Sizzler 5K Race & One Mile Fun Run has been an annual event sponsored by a number of organizations including Tate's Hell Track Club and the Franklin County Humane Society. This year, all proceeds will benefit the Elder Care Community Council (ECCC). We help seniors throughout all of Franklin County. We are excited to carry on the tradition of the SGI Sizzler as well as adding some new features this year such as a new USTAF certified course and 2 water stops.

### Post Race Party and Awards

We will have the traditional 3-deep age group awards as well as the Masters, Grand Masters and Senior Grandmasters categories. We are also presenting awards to celebrate our elders to the oldest male and female finishers. After the race, enjoy a Post Race Party at Doc Myer's Island Pub and Sports Bar. Chicken wraps and fruit will be provided. Additionally, full bar and food menu available for purchase at Doc Myer's including \$1 off all alcoholic beverages. There will also be live music.

**PRE-REGISTRATION ONLINE at Eventbrite.com SGI Sizzler NO REFUNDS**  
**MAIL form to ECCC, PO Box 335, Eastpoint FL 32328 by August 1, 2018**

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| <b>Full Registration</b><br>\$30 SIZZLER 5K<br>One Mile Fun Run/Walk<br>\$25 Military<br><b>No Cooler /Bandana Options</b><br>\$25 SIZZLER 5K<br>\$25 One Mile Fun Run/Walk<br>\$15 STUDENTS 18 and under;<br>Cross Country teams<br><b>Additional Post Party Tickets -- \$10</b><br><b>Race Day Registration</b> | <b>Includes</b><br>Cooler & Bandana, 1 Post Race Party Ticket<br>Cooler & Bandana, 1 Post Race Party Ticket<br>Cooler & Bandana, 1 Post Race Party Ticket<br><br>1 Post Race Party Ticket<br>1 Post Race Party Ticket<br>1 Post Race Party Ticket<br><br>Add \$5 to Your Registration Amount |
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NAME: \_\_\_\_\_ Phone \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip \_\_\_\_\_

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

AGE on 8-4-18 \_\_\_\_\_ DOB: \_\_\_\_\_ GENDER: Male (Please Circle) Female (Please Circle) RACE: 5K (Please Circle) 1 Mile (Please Circle)

**WAIVER:** By registering for this event I accept the terms of this waiver. 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, run with dogs, baby joggers or strollers during the race. Knowing these facts and in 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 Gulf Winds Track Club, Tate's Hell Track Club, Elder Care Community Council, all race 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 to Gulf Winds Track Club, Tate's Hell Track Club, Elder Care Community Council and/or agents authorized by them to use any photograph, videotapes, motion picture or any other record of this event for any legitimate purpose. I have read and understand the above release and enter the St. George Island Sizzler Run at my own risk.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent or Legal Guardian if under 18 years old)