



# Worm Gruntin' 5K Race

**Date:** Saturday, April 13, 2019  
Pre-race Registration starts at 7:00 AM; Race starts at 8:00 AM

**Place and Course:** Race starts in Downtown Sopchoppy FL

**Entry Fee:** \$15.00 Early Registration (By or before March 31st), Includes Race Shirt  
\$20.00 Day of Race - Includes Race Shirt (If Available)  
\$10.00 Kids 12 and Under (Early or Day of Registration)  
\$10.00 No shirt option (Early or Day of Registration)

**Register Online at Active.Com or  
Send Registration Form with check payable to:  
SPIA  
P.O. Box 272  
Sopchoppy, FL 32358**

**Refreshments:** Gatorade, water, and fruit

**Awards:** Awards: Medallion for All Finishers; Trophies for Overall M & F, Master M & F and Grandmaster M & F

**For Additional Information:** Race Director: Susan Brooks Shearer, 850-545-6678

## Sopchoppy Worm Gruntin' 5K Race Entry Form

**SPIA  
P.O. Box 272  
Sopchoppy, FL 32358**

**Name:** \_\_\_\_\_ **Age** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_  
(On 4/13/19):

Male  Female  Phone \_\_\_\_\_ E-mail: \_\_\_\_\_

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

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Shirt Size – S M L XL XXL**

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 this run. 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 all SPIA 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 SPIA 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 (parent if under 18)

Date