

# SUSTAINABLE TALLAHASSEE and LEON COUNTY



host the

## 2013 Sustainable Tallahassee Trash Dash 5K



### Registration Form

Date & Location: Saturday, November 16, 2013

7550 Apalachee Parkway, Leon County Solid Waste Management Facility

Time: 7:00 am Registration and Check-in  
8:30 am 5K Trash Dash  
9:30 am Awards

Awards: 12 and under  
2 deep in 10-year age groups  
Overall Male/Female  
Overall Masters Male/Female

NEW Course: Leon County's Cross Country Course at Apalachee Regional Park

Early Registration: 5K Trash Dash: \$15 includes t-shirt  
(by November 14, 2013) \$10 without t-shirt

Race Day & Late Registration: \$20 with t-shirt  
\$15 without t-shirt.

**Extra t-shirts available for \$10.** (t-shirt made out of recycled plastic bottles)

**Mail Registration to:**  
Sustainable Tallahassee  
P.O. Box 765  
Tallahassee, FL 32302

**OR**

**Register Online:**  
[www.RaceIt.com](http://www.RaceIt.com)  
[SustainableTallahassee.org](http://SustainableTallahassee.org)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Male \_\_\_ Female \_\_\_

Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

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

Shirts:

S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

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

No Shirt (circle choice)

*WAIVER: In consideration of your acceptance of my entry as a participant in the 2013 Sustainable Tallahassee Trash Dash, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against Sustainable Tallahassee and Leon County, FL, their officers and directors, members or representatives and all volunteers and others promoting or assisting in any way the promotion or organization of The Trash Dash race, which may arise from my participation in the these races on November 16, 2013 or while traveling to or from the event, even if caused in part by the negligence or negligent actions or other fault of the parties or persons I am hereby releasing by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of the liability without fault. My participation is voluntary and done at my own risk. I understand that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and sufficiently trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties I am releasing if I suffer injuries and damages even though I do not know to what extent those injuries and damages might be and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement.*

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