

*Wakulla High School Cross Country Boosters*  
***Freedom 5K and 1 Mile Run/Walk***  
*Wakulla Springs State Park*

Date: June 29, 2013  
Time: 5K 8:00 a.m.  
1 Mile 8:45 a.m.

Advance Registration Fees (postmarked before June 15, 2013):

1 Mile with Shirt	\$10	Without Shirt	\$3
18 and under 5K with Shirt	\$18	Without Shirt	\$10
Over 18 5K with Shirt	\$20	Without Shirt	\$16
Race Day Registration (no shirt guarantee)	\$25		

Awards:

1 Mile: -Top 3 Male/Female -Ribbons to all finishers

Freedom 5K: -Overall Male/Female  
-Master Male/Female  
-Grand Master Male/Female  
-Senior Grand Master Male/Female  
-Minimalist Male/Female (Courtesy Vibram Shoes)  
-Male/Female 3 Deep, 5 year age groups

Name: \_\_\_\_\_

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

City/State/ZIP: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Will you be racing in minimalist shoes? Yes No

Circle Shirt Size: Youth: Med Adult: Small Medium Large XL XXL

**Make Checks Payable to: Wakulla High School Cross Country**

Mail to: 202 White Oak Drive, Crawfordville, Florida, 32327

Deliver to: Fiorini Chiropractic Center, 2619 Blair Stone Rd., Tallahassee, FL 32301 850-656-2200

I know that running or volunteering in a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained. By my initials, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Wakulla High School Cross Country Boosters, Wakulla Springs State Park, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Participant/Parent (If Minor) Signature: \_\_\_\_\_ Date: \_\_\_\_\_