

When: Saturday, October 19, 2013

7:00 – Registration
8:00 – 1 Mile Fun Run
8:30 – 5k Race

Where: Market District

Race will begin in front of Premier Health & Fitness Center on Maclay Blvd.*

POST RACE PARTY – MUSIC, FOOD & FUN!

Proceeds benefit Joanna Francis Living Well.

Living Well is a compounding relief fund which provides social assistance primarily for metastatic breast cancer patients who have "school to college aged" children.



Prizes for 5K over all winners and age group winners.

All 1 Mile finishers get a prize. Everyone gets a goody bag!

Sponsorships opportunities available – contact lesliesmith@tallahassee.com

*Register @
gopink5k.com*

Pre-Registration Fees	Race Day Registration Fees
5K with shirt - \$18	5K - \$20 no shirt guarantee
5K without shirt - \$15	1 Mile - \$10 no shirt guarantee
1 Mile with shirt - \$12	*Race route is partial road, partial trail.
1 Mile without shirt - \$10	

Name: _____

DOB on 10/19/13: _____

Gender (circle one): Male Female

Phone: _____

Email: _____

Address: _____

City/State/Zip: _____

T-Shirt Option (circle one): Yes No

T-Shirt size (circle one): Kids - S M L

Adult - S M L XL

Entering (circle one): 5K 1 Mile

Check #: _____ Amount: _____

SIGNATURE: _____

DATE: _____

Signature of parent or legal guardian if under 18 years of age.

Mail to: Go Pink! 5K Run/Walk C/O Tallahassee Democrat, 277 N. Magnolia Drive, Tallahassee, FL 32301
Make checks payable to Tallahassee Democrat Go Pink 5k. Please write Go Pink! 5K in memo of check.
Mail-in registration will not be accepted after October 14. **Register online at gopink5k.com**

By submitting registration information I consent to the following: 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 all Tallahassee Democrat 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 Tallahassee Democrat and/or agents authorized by them to use any photograph, videotapes, motion picture or any other record of this event for any legitimate purpose.