



# 2013 5K RUN/WALK

## Benefiting

### Florida State College of Communication & Information

Saturday, May 18, 2013. Race starts at 8:00 a.m. FSU Baseball Stadium

#### Overall and Age Group Awards

\$15 Registration with T-Shirt

\$12 Registration without T-Shirt

On-Site registration begins at 7:00 a.m.

Register online at [www.ellis5k.com](http://www.ellis5k.com) - ends May 15.

Mail to: *Steve Ellis 5K Run/Walk C/O Tallahassee Democrat  
277 N. Magnolia Drive, Tallahassee, FL 32301*

Make checks payable to Lend-a-hand NIE Tallahassee

Please write Steve Ellis 5K Run in memo of check.

Mail-in registration will not be accepted after May 13.

Additional information available at [www.ellis5k.com](http://www.ellis5k.com)

Or email: [mail@ellis5k.com](mailto:mail@ellis5k.com)

Name:	Phone:
Address:	City/State:
Zip:	Age on 5/18/2013:
E-Mail:	Sex (circle one): Male Female
T-Shirt Option (circle one): Yes or No	T-Shirt Size (circle one): S M L XL

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 all FSU College of Communication 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 FSU College of Communication 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: \_\_\_\_\_ Date: \_\_\_\_\_