



TULIP TROT 5K

1 MILE & 100 YARDS

JAN. 31, 2015 CASCADES PARK

RUN. WALK. ROLL.

Run, walk, or roll to show your support for people in North Florida diagnosed with Parkinson's disease!

Our 5K course is USATF certified. Awards presented to the overall best male and female finishers, and top 3 finishers in each age category. Begins 9:00 AM.

The 1 Mile Fun Run and 100 Yard Dash are untimed races perfect for young children, families, walkers, and wheelchairs. Begins 8:30 AM.



3 WAYS TO REGISTER:

1. Mail in registration form
2. www.tuliptrot.eventbrite.com
3. On-site at event (7:30-8:30a)

EVENT FEES:

\$15.00 before January 18

T-shirt included!

\$20.00 after January 18

Make checks payable to:

NPF North Florida

PO Box 14722

Tallahassee, FL 32317

7:30 AM Check in and on-site registration begins

8:30 AM 1 Mile Fun Run & 100 Yard Dash begin

9:00 AM 5K Race begins

10:15 AM Awards announced

Cascades Park

1001 S Gadsden Street
Tallahassee, FL

NPF NORTH FLORIDA

P.O. Box 14722
Tallahassee, FL 32317

(850) 364-0230
contact@nfnorthflorida.org

www.nfnorthflorida.org
www.facebook.com/nfnorthflorida
www.tuliptrot.eventbrite.com



NATIONAL PARKINSON FOUNDATION

North Florida

TULIP TROT REGISTRATION

RUN / WALK / ROLL



January 31, 2015

Cascades Park
1001 South Gadsden Street
Tallahassee, Florida 32301

EVENTS:

100 YARD DASH 8:30 AM
1 MILE FUN RUN 8:30 AM
5K RUN 9:00 AM

HOW TO REGISTER

1. Detach the form at the bottom of this page and send with check (made payable to NPF North Florida) to:
NPF North Florida
PO Box 14722
Tallahassee, FL 32317
2. Visit www.tuliptrot.eventbrite.com to register online.
3. Register the day of the event (cost is \$20/person after January 18; t-shirt not guaranteed). The registration table will be open 7:30-8:30 AM.

(Circle one) Mr. Ms. Mrs. **FIRST NAME** _____
LAST NAME _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIPCODE** _____

PHONE _____ **EMAIL** _____

AGE (ON DAY OF RACE) _____ **SEX (Circle one)** Male Female

CHOOSE YOUR EVENT (\$15/person if you register before January 18; \$20 thereafter, t-shirt only if available)
(Circle one) **5K Run** **1 Mile Fun Run** **100 Yard Dash**

CHOOSE YOUR T-SHIRT SIZE (Circle one) **ADULT** S M L XL 2XL

WAIVER: I know that running [volunteering for] a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, 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 health requirements above 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 or sidewalk, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, disruptive devices, 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 NPFNF Tulip Trot Run/Walk/Roll, the city of Tallahassee, FL, 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. *If a person with disability requires an accommodation to participate or if special arrangements are needed, requests should be made to the event coordinator seventy-two (72) hours prior to the event.*

Signature _____ **Date** _____

Parent's signature if under 18 years _____ **Date** _____