



Made possible by



**ASTIN
FARMS
PLANT CITY**

5K Run/Walk



Feb 6, 2010

7:30 AM Start

Check in by 7:00 AM

Walden Lake Polo Fields

Cost pre-register \$20; day of \$25

To register online or for more info go to www.sdc5k.com

To register by mail fill out form and mail to:

Strawberry Distance Challenge

P.O.Box 4768

Plant City, FL 33563

Make your check or money order payable to: PCCOG

Race # _____ (official use only)

Must be postmarked by Monday, Feb 1, 2010.

One form per participant (photo copies are accepted).

____ Check here if you are a wheelchair entry or will need any special assistance.

Name: _____ T-Shirt size S M L XL XXL

Sex: _____ Age on race day: _____

Phone: (_____) _____

Address: _____

City: _____

State: _____ Zip: _____

Incomplete or unsigned forms will not be accepted. Numbers will be issued upon arrival.

Participant Waiver, please sign and read below.

I know that running in and volunteering to work at The Strawberry Distance Challenge is potentially hazardous activities. I should not enter and run, walk and/or volunteer unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run, walk and/or volunteer. I also agree that I may be examined and treated if necessary during the course of a race by qualified race personnel in the event medical problems of any cause arise. The race officials or the qualified personnel have the right to disqualify me and remove me from the race, if in their opinion, I may be suffering from a life threatening condition. I assume all risks associated with running in and volunteering for races including but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for participation in races and/or my volunteering, I, for myself and anyone entitled to act on my behalf, waive and release the Strawberry Distance Challenge, and all above mentioned officers and agents, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in events even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also approve the use of my and/or dependent's picture taken before, during or after the races for promotional use without further compensation.

Signature: _____

Date: _____

Parent of Guardian, if under 18: _____