



# 5K In the Park

## Athlete Information & Race Sign-up

**Athlete's Name:** \_\_\_\_\_ **Birthdate:** \_\_\_\_\_

**Circle one: Male, Female**

**Shirt Size: Womens sizes: small, medium, large, XL, XXL, (circle one)**  
**Mens sizes: small, medium, large, XL, XXL**

**E-mail:** \_\_\_\_\_ **Phone #** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code** \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_

**Emergency Contact Phone #:** \_\_\_\_\_

**Fee: \$35**

Make checks payable to: Habitat for Humanity of East Polk, Inc.

Mail to: 135 N 6<sup>th</sup> St, Suite A; Haines City, FL 33844

### Waiver and Release

I know that running a road race is a potentially hazardous activity. I should not enter and run 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. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skate boards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by these guidelines. Having read this waver 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 Fitniche New Tampa, Inc., Forest City Properties, and each of their partners, directors, employees and agents, Humanity of East Polk County, Inc. and all other 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 person named in this waiver. I also agree that I may be examined and treated if necessary during the course of the race by qualified race personnel in the event medical problems of any cause arise. The race officials or qualified personnel have the right to remove me from the race if, in their opinion, I may be suffering from a life threatening condition.

X \_\_\_\_\_

Signature (if under the age of 18 signature of guardian)



## Athlete Information

**Location: 555 Ledwith Ave., Lake Eva Park, Haines City, FL**

Run will start at 8am

Monster Mash will be for children 11 and under and will be a ¼ mile run around the park. Free entry (donations accepted).

Packet Pick up will be available at Lake Eva Park on Friday 3/14 from 4pm-7pm and race day from 7am – 7:45am at Lake Eva Park.

Late Registration : Saturday 10/15/16 6:45am – 7:30am Lake Eva Park

- 5K Information:
1. Race Begins 8:00 A.M.
  2. Starting Line and Finishing Line in center of Lake Eva Park
  3. Route: Around Lake Eva (maps will be available at packet pick-up)
  4. There will be 1 water station at marker 1.2
  5. Juice & water will be available at the end of the race.
  6. Medals will be presented to all finishers.
  7. No bikes or skateboards.
  8. Strollers are allowed (walkers and strollers will start at the back)

**There will be a coffee, smoothie and food truck at the event for athletes and spectators.**

**There will be a Health & Fitness Expo at the park that will include Weight Loss specialists, massage and chiropractic experts, nutrition experts and various other health & fitness booths.**

There is a playground, public restrooms, picnic tables and a beautiful view to enjoy the entire morning!

**For More information go to: [5kinthepark.com](http://5kinthepark.com)**

**All Proceeds for this event are to benefit Habitat for Humanity of East Polk County.**

