

Walton County Earth Day 5K Run and Walk

RELEASE FORM (Mandatory):

In consideration of accepting this entry, I the undersigned, intending to be legally bound hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for losses and damages I may have against Walton County, Topsail Hill Preserve State Park, Friends of Topsail Hill Preserve State Park, race directors, their officers, directors, members, and volunteers, any and all sponsors including other parties and their representative successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the competition for this athletic event and competition which I am voluntarily entering at my own risk. My physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all foregoing to use photographs, videotape, motion pictures, recordings or any other record of this event for any purpose whatsoever. I understand that no roller skates, in-line skates, dogs or bicycles will be allowed on the course.

- I have read the above and understand that I am entering the Walton County Earth Day 5K Walk & Run at my own risk.

SIGNATURE: _____

DATE: _____

If under 18, signatures of legal guardian and participant are required.

DIRECTIONS:

Topsail Hill Preserve State Park is located on West County Highway 30A off Highway 98 in Santa Rosa Beach. Turn south off Highway 98 onto 30A. The entrance to the park is on the right. Look for the Topsail Hill Preserve State Park sign.

For additional information or to submit your registration by mail:

Topsail Hill Preserve State Park
7525 West County Highway 30A
Santa Rosa Beach, FL 32459

Phone: 850-267-8330

Please Make Checks Payable to:

Friends of Topsail Hill Preserve
State Park



Coordinated by the Northwest Florida
Track Club

www.nwftc.com



Walton County Earth Day 5K Run & Walk



**Saturday
April 17, 2010**

Registration/Package Pick-up
6:30am - 7:45am

5K Run/Walk Start
8:00 am

**All Proceeds Benefit
The Friends of Topsail Hill
Preserve State Park**



PLACE:

The race will be held at Topsail Hill Preserve State Park in Santa Rosa Beach, Florida. Parking is limited so carpooling is encouraged. Entrance fee to the park will be waived for all Earth Day events.

COURSE:

5 kilometer run or walk on the paved Campbell Lake bike path.

TIMES:

6:30am-7:45am
Race day registration and packet pick-up
8:00am
5K Run/Walk Start

ENTRY FEE:

Early Registration.....\$20
Race Day Registration.....\$25

DIVISIONS:

Male/Female Run/Walk Divisions:
Under 10 years of age
10-19 years 50-59 years
20-29 years 60-69 years
30-39 years 70-79 years
40-49 years 80-89 years

T-SHIRTS:

The first 250 participants to register will receive a commemorative T-shirt. Sizes are in limited supply. Please register early to ensure that you receive your desired size.

AWARDS CEREMONY:

An awards ceremony will be held on the park grounds immediately following the race.

AWARDS:

Awards will be given for the top three male and female runners in each division, top three overall male and female runners, and the top five overall male and female walkers.

PRE-REGISTRATION:

Participants can pre-register in person or by mail. Pre-register in person at the ranger station located at the entrance to Topsail Hill Preserve State Park. Open 7 days a week from 8:00am to sunset. See opposite side for mail in registration. Check or cash only. Sorry, no credit cards accepted.

TEMPERATURE WARNING:

Temperatures can be unpredictable in Northwest Florida so please plan accordingly. Participants should drink plenty of non-alcoholic fluids for 48 hours prior to, during, and upon finishing the race. Beware of heat/cold injury symptoms (dizziness, no sweating, nausea, cramps, redness, incoherent speech and thoughts). Seek immediate assistance if symptoms occur. Wear loose clothing.

EARTH DAY FESTIVAL:

Please join us after the race for the Walton County Earth Day Festival held on the park grounds from 10:00am to 3:00pm. The festival is free and open to the public.

PROCEEDS:

All proceeds benefit The Friends of Topsail Hill Preserve State Park and will go towards the purchase of new equipment for sea turtle monitoring.

Walton County
Earth Day
5K Walk & Run

SORRY NO ENTRY ACCEPTED WITHOUT FEE
NO REFUNDS NO CREDIT CARDS ACCEPTED
ALL PARTICIPANTS MUST FILL OUT REGISTRATION FORM
APPLICATION MAY BE COPIED

Make Check Payable to:
Friends of Topsail Hill Preserve
State Park

LAST NAME: _____ FIRST NAME: _____ AGE: _____ M F
STREET ADDRESS: _____ EVENT: Run Walk
CITY: _____ STATE: _____ ZIP CODE: _____ BIRTH DATE: _____
TELEPHONE: _____ E-MAIL: _____ SHIRT SIZE: S M L XL

ENTRY FEE: Pre-Registered.....\$20 Race Day.....\$25 AMOUNT PAID: _____

RACE NUMBER (OFFICIAL USE ONLY): _____