

Panhandle Heritage 5k Run/Walk & 1 Mile Kids Run



When: Saturday, April 26, 2008 Start: 8:00 a.m.

Where: Heritage Museum of Northwest Florida
115 Westview Avenue in Valparaiso, Florida

Course: 3.1 miles through Old Valparaiso and along historic Bayshore Drive.
Water station at half way point.

Fees: **Early registration** (through April 25, 2007):
5k Run \$17.00
Museum members and Northwest Florida Track Club members \$15.00
Kids' Run: \$5
Race Day: 5k Run/Walk \$20 Kids 1 Mile \$10
Also Register on Active.com through April 25
T-shirts guaranteed for all registrations received by midnight April 22.

Awards: Overall male/female, master male/female, grandmaster male/female, awards to top 3 in the following age groups: 0-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ **Walk divisions:** Overall male/female first male/female: 0-39, 40-49, 50-59, 60-64, 65-69 70+, overall wheelchair and baby jogger. **Kids 1 mile run:** Overall girl and boy and the top 3 boys and girls in the following age groups: 0-3, 4-6, 7-10, and 11-13

Questions: James Frazier at running@valp.net or (850) 974-8061 or the Heritage Museum at (850) 678-2615
After the race awards, stay and enjoy the 32nd Annual Saturday in the Park Festival

PANHANDLE HERITAGE 5K RUN/WALK REGISTRATION FORM

Make checks payable to: **Heritage Museum**, 115 Westview, Valparaiso, FL 32580

AGE: _____ BIRTHDAY: ___/___/___ EVENT: 5K Run _____ 5K Walk _____ Wheelchair _____

SHIRT SIZE: S M L XL Baby Jogger _____ Kids' 1 Mile _____

FIRST NAME: _____ LAST NAME: _____ SEX: MALE ___ FEMALE _____

ADDRESS: _____ PHONE: _____

I know competing in a 5k is a potentially hazardous activity. I should not enter unless I'm medically able and properly trained. I agree to abide by any decision of the race officials relative to my ability to safely compete in this event. I certify that I have completed the distance that I registered to compete in prior to completing the 5k/1mile. I, the undersigned, release and forever discharge the City of Valparaiso, the NW Florida Heritage Museum and all agents, representatives and employees thereof, and their successors, from any and all claims and damage whatsoever which I my heirs, their executors, and administrators have or may have against the City of Valparaiso, the NW Florida Heritage Museum and agents, representatives or employees by reason of damage or injuries, which may be incurred by myself while participating in the activities sponsored by the 5k/1mile run.

SIGNATURE OF ATHLETE (PARENT OR GUARDIAN IF MINOR)

DATE