

Fall Into Winter 5K Run

Saturday, September 20, 2008 7:30 a.m.

Start & Finish

on the beach at Coconuts on the Beach

Minutemen Causeway

Race of the Year Series

REGISTRATION FEE:

\$17.00 (Before September 15th)

\$22.00 (After September 15th)

\$80.00 (Team)

Registration & Check-in until 7:45 a.m.

AMENITIES:

◆ After Race Buffet

Catered by Coconuts on the Beach

\$7.00 to non-participants

◆ Tee Shirts: To all runners.

\$8.00 to non-participants

Size of shirts NOT guaranteed to runners who register Day-of-Race.

◆ Trophies: Top 3 Teams . . .

Top 3 Overall Male & Female . . .

Top Male & Female Master ...

Top 3 Male & Female in 13 age categories.

Make Checks Payable To:

Cocoa Beach Recreation Department (CBRD).

Mail To:

Cocoa Beach Recreation Dept.

P. O. Box 322430

Cocoa Beach, FL 32932-2430

TEAM COMPETITION

◆ Team competition is open to area businesses and government agencies. Each team may have 4 or 5 members (members must be full time employees of the sponsoring organization). Teams must include 1 female and 1 master runner (40 or older). Teams will be scored by taking the female, master and 2 best finishing times. The lowest total team score wins. (Cross country scoring will be used).

◆ Entry fee is \$80.00 per team. This includes all entry fees for individual team members. All team members must complete an individual application and all members' applications must accompany the registration fee. Please indicate "TEAM" entry on application.

◆ All team entries must be received by September 15th.

◆ *NO Day of Race Team Registration.*

For more information call the Cocoa Beach Recreation Department at 868-3252 or 868-3274.



NAME _____ PHONE _____

ADDRESS _____ CITY _____ ZIP _____

AGE (DAY OF RACE) _____ SEX _____ SHIRT SIZE: () S () M () L () XL

TEAM ENTRY () YES () NO TEAM NAME _____

AGE GROUP

NUMBER

In consideration of my entry being accepted, I intend to be legally bound, and do hereby, for myself, my heirs, executors, waive and release any and all rights and claims for damages which I may hereinafter accrue to me against the City of Cocoa Beach, and all other sponsors, contributors, or any subsidiary or political division thereof, its or their respective officers, representatives, successors and assigns for any and all damages or injuries which may be sustained and suffered by me in connection with my association with entry or participation in the "Fall Into Winter 5K Run." If I should suffer injury or illness I authorize officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the competition in this event. I have read the above and understand that I am entering this event at my own risk.

Date

Signature

Parent or Guardian, if under 18