



**5K Run / Walk**

**Saturday, April 9, 2016**

**Highlands Hammock State Park**

**Race Time: 7:30am      Check-In: 7am**

This is a fundraising event for Parkview Pre-K & Prep Academy.

All proceeds will benefit the building fund.

**Organizer: Autumn Ulm**

**ENTRY FEE:**      **Adults & Kids 5K race with t-shirt = \$22**

**Kids only Special (No shirt) = \$14**

**Deadline for registration is March 18, 2016.**

Fee for late registrants is \$32 (shirt not guaranteed).

**Entry form and payment submission options:**

Drop off or Mail to: **Parkview Pre-K & Prep Academy**

**107 A Miracle Ave, Avon Park, FL 33825**

Mail to: **Autumn Ulm, 2791 Duffer Rd., Sebring, FL 33872**

Drop off at: **A+ Fitness, 155 US 27 North, Suite 5, Sebring, FL 33872**

**Awards:** Awards Ceremony will follow the run/walk. Overall winners in each gender group and masters will receive an award. Top 3 in each age/gender group will receive medals.

For additional information and/or questions contact:

Autumn Ulm at 863-214-1687 or email [abrownulm@gmail.com](mailto:abrownulm@gmail.com)

**Age Groups** (Male & Female): 9 & Under, 10-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,  
50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

**(OVER)**

**INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED**

In consideration of my entry being accepted, I intend to be legally bound, and do hereby for myself, my heirs and executors waive all rights and claims for damages which may hereafter accrue to me against Central Florida Striders, Hammock State Park, Parkview Pre-K & Prep Academy, or any of its respective officers, race officials, sponsors, or agents for all claims or liabilities of my participation in this event even though that liability may arise out of the negligence on the part of any person named in this waiver. If I should suffer an injury or illness, I authorize the officials of the race to have me transported to a medical facility, and I take full responsibility for this action. I attest and verify that I am physically fit to participate in this event. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

**PLEASE PRINT, SIGN, & fully complete each participants information. Each signee is attesting that they have read and agree to the above waiver.**

Last: \_\_\_\_\_ First: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address: \_\_\_\_\_ City, State, & Zip: \_\_\_\_\_

\_\_\_\_\_

Age On Race Day: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_

**\*Racers Signature** (Parent / Guardian if under age 18): \_\_\_\_\_ **Shirt Size:**  
\_\_\_\_\_ **Youth or Adult**

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**Last:** \_\_\_\_\_ **First:** \_\_\_\_\_ **Male** \_\_\_\_\_  
**Female** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City, State, & Zip:**  
\_\_\_\_\_

**Age On Race Day:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Email:**  
\_\_\_\_\_

**\*Racers Signature** (Parent / Guardian if under age 18): \_\_\_\_\_ **Shirt Size:**  
\_\_\_\_\_ **Youth or Adult**

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**Last:** \_\_\_\_\_ **First:** \_\_\_\_\_ **Male** \_\_\_\_\_  
**Female** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City, State, & Zip:**  
\_\_\_\_\_

**Age On Race Day:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Email:**  
\_\_\_\_\_

**\*Racers Signature** (Parent / Guardian if under age 18): \_\_\_\_\_ **Shirt Size:**  
\_\_\_\_\_ **Youth or Adult**

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**Last:** \_\_\_\_\_ **First:** \_\_\_\_\_ **Male** \_\_\_\_\_  
**Female** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City, State, & Zip:**  
\_\_\_\_\_

Age On Race Day: \_\_\_\_\_ Phone: \_\_\_\_\_ Email:

\_\_\_\_\_

**\*Racers Signature** (Parent / Guardian if under age 18): \_\_\_\_\_ **Shirt Size:**

\_\_\_\_\_ **Youth or Adult**

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**Last:** \_\_\_\_\_ **First:** \_\_\_\_\_ **Male** \_\_\_\_\_

**Female** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City, State, & Zip:**

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Age On Race Day: \_\_\_\_\_ Phone: \_\_\_\_\_ Email:

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**\*Racers Signature** (Parent / Guardian if under age 18): \_\_\_\_\_ **Shirt Size:**

\_\_\_\_\_ **Youth or Adult**

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**\*Please mail or drop this form & payment to one of the addresses listed on the first page. Thank You!!\***