

4th Annual Highlands Half and 5K RUN/WALK

January 28, 2012 @ 8:00 A.M.

RACE SITE: HIGHLANDS HAMMOCK STATE PARK, 5931 Hammock Rd, Sebring, FL

Make Checks Payable to **CENTRAL FLORIDA STRIDERS**

Mail entry form to: Chet Brojek
3310 Par Road
SEBRING, FL 33872

Email: cbrojek@comcast.net or 385-4736

PLEASE PRINT and complete FULLY *WAIVER MUST BE SIGNED *AGE DAY OF RACE MUST BE COMPLETED*

Name:

Last _____ First _____ Male Female

Address _____ Phone _____ Race Day Age _____ *

City _____ State _____ Zip Code _____

T-Shirt Size: Adult S Adult M Adult L Adult XL 2XL

Event Entered: 5K Run 5K Walk Half Marathon YOUR EMAIL _____

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, or any of its respective officers, race officials, sponsors, or agents from 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.

* **Participants Signature (Parent/Guardian If Under Age 18):** _____ *

Entry Fee: \$35.00 Half Marathon Thru January 20
\$17.00 5K Run/Walk Thru January 20

Location: Highlands Hammock State Park
Sebring, Florida

\$45.00 Half Marathon after January 21 and race day
\$22.00 5K Run/Walk after January 21 and race day

Age Groups (M & F): 10-14 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54
55-59 60-64 65-69 70-74 75-79 80 +

REGISTER EARLY AS WE EXPECT A LARGE FIELD AGAIN THIS YEAR!
Shirt sizes guaranteed to pre-registered only!

Results in Highlands Today and News Sun and Central Florida Striders Newsletter