

USA 5K

University of St. Augustine's (USA) 12th Annual

HOSTED BY:



Ancient City
Road Runners



UNIVERSITY OF ST. AUGUSTINE
FOR HEALTH SCIENCES

Saturday, October 22, 2011

5K Walk 8:00 a.m./5K Run 8:30 a.m.

Free Health & Fun Fair - 8:30 a.m. – 11:00am

Location: University of St. Augustine Campus: Just East of Flagler Hospital

REGISTRATION

Registration Fees Until October 1 st	Registration Fees From October 1 st to October 21 st
\$10.00 Children 14 and under and ages 65+	\$15.00 Children 14 and under and ages 65+
\$10.00 All ACRR members/Military	\$15.00 All ACRR members/Military
\$15.00 Adults	\$20.00 All Adults
RACE DAY(October 22nd) REGISTRATION FEE = \$30.00 for ALL participants	
Make checks payable to: "USA 5K" and mail entry form with check/cash to: University of St. Augustine c/o Jeff Rot, 1 University Blvd, St. Augustine, FL 32086 All fees include a Free T-Shirt	

For more information go to www.USA.edu click on "All Events"

Top Prize Money	Top Male Winner = \$200.00	Top Female Winner = \$200.00
Award Medals	Presented to the top finishers in each of the following 5K RUN male and female age groups: Under 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, 70-74, 75-79, 80 and over.	
5K Course	The course starts from behind the Flagler Hospital campus and then curves down Shore Drive along the beautiful intracoastal waterway and returns to the front of the USA Campus.	
Race Packet Pick-up	Pick-up at USA's Campus on Friday October 21 from 10am to 7pm and early on race day!!	
Post Race Celebration	Free food/drinks, Awards ceremony, DJ with great music, and Health and Fun Fair...	
Free Health Fair	Dynamic health fair booths: cholesterol/health screens, cancer awareness, nutrition, wellness, PT, OT, OPA, Flagler Family Medicine, First Coast Life Savers, and more...	
Free Fun Fair	Free Food from our super sponsors – see logos on the back. Inflatable moonwalks/slides, face painting, BIG fire trucks, police vehicle, Marine Rescue, Surf Station, super heroes, free t-shirts, Sparky the Clown and much, much more.	
Benefitting	<i>Salvation Army of St. Augustine</i> All proceeds will help serve the needs of people in St. John's County.	

OFFICIAL ENTRY FORM

Official Use Only

First Name															Last Name														
Age		Sex		T-Shirt Size					T-Shirt Only			Amount Paid With this entry			Check		Cash												
Street Address															Apt. #														
City															State		Zip code												
Telephone Number															STUDENT		5K WALK			5K RUN									

I give permission for my picture to be used (if taken) for promotional use for the race ie. Newspapers, website

I understand that running a road race is a potentially hazardous activity which could cause injury or death, I should not enter and participate unless I am medically and properly trained, and by my signature I verify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever, I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read the waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Organizers of this event and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature

Date

