

Spring Lake 5-k Run



10th Annual Spring Lake
5-K Run and
Two Mile Fun Run/Walk
The toughest 5K in Florida
The Arc Nature Coast
5283 Neff Lake Road
Brooksville, FL

Saturday, May 28, 2016

Registration open 7:00 A.M. ~ Race Starts at 8:00

- ◇ Prizes awarded to 1st through 3rd place in all age groups (five year increments)
- ◇ \$25.00 Pre-race entry fee ~ \$20.00 Fun Walk/Run. (\$30.00/\$25.00 Day of Race)
- ◇ Tee shirt guaranteed if registration is received by 5-20-16
- ◇ Scenic rolling hills, with a run thru an equestrian stable!
- ◇ Post Race Food Fest

Pre-Register Online at www.active.com or submit form below

Name: _____ Male Female
Address: _____ City: _____
State: _____ Zip: _____ Age on Race Day: _____ Date of Birth: _____
Phone _____ email _____

SHIRT SIZE S M L XL RACE (circle one) : WALK/RUN 5K

TOTAL ENCLOSED \$ _____

Mail to: The Arc Nature Coast, 5283 Neff Lake Road, Brooksville, FL 34601-8018

For Further Information, Call (352) 544-2322 x 107 or e-mail to: info@thearc-naturecoast.org
www.thearc-naturecoast.org

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that although police monitoring will be provided, there will be a possibility of traffic on the course routes. I assume the risk of participants, the effects of the weather, including heat or humidity, and the conditions of the route, all such risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I am also fully aware that bicycles, motorized vehicles and animals are strictly prohibited, and I agree not to have them on the course. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge The Arc Nature Coast, Inc., and its affiliates, their agents, employees, officers, directors, successors and assigns, volunteers and any and all race sponsors, their representatives & successors from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of my participating in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, including known sponsors and/or agents authorized by them to use any photographs, videotapes, motion pictures or any other record of this event for any purpose. Applications of minors accepted only with parent or guardian's signature. **Waiver must be signed to participate.**

Signature: _____ Date: _____

All proceeds benefit The Arc Nature Coast
Achieve with us!