

WHITE-WILSON COMMUNITY FOUNDATION'S

For the health of it

5K & 8K RUN/WALK

2017



AJ'S OYSTER SHANTY / OKALOOSA ISLAND



SATURDAY, MARCH 25 / 9a.m.

- Awards for all age groups
- After party with food and libations

Adults - \$25 • Kids under 18 - \$20 • Day of - \$30

9 a.m. start

108 Santa Rosa Blvd., Okaloosa Island



Register on active.com by searching
"Run for the Health of It 5K & 8K"

or mail your registration forms and check to:

{ White-Wilson Community Foundation
1005 Mar Walt Dr.
Ft. Walton Beach, FL 32547 }

Make checks payable to
White-Wilson Community Foundation

Proceeds benefiting:



Sponsored by:



850.863.8112

whitewilsoncommunityfoundation.org





Run for the Health of It 5K & 8K Run/Walk

Saturday, March 25 @ 9 a.m. | 108 Santa Rosa Blvd., Okaloosa Island

Name: _____ Age on Race Day: _____ Gender: Male ____ Female ____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Phone #: _____

Select Race: 5K Walk _____ 5K Run _____ 8K Walk _____ 8K Run _____

T-shirt Size: Adult: S M L XL XXL --OR-- Youth: S M L

T-shirts guaranteed if registered by March 12, 2017

Registration: Adults - \$25 • Kids under 18 - \$20 • Day of - \$30

Register on **Active.com** or send registration and check by mail to:

White-Wilson Community Foundation

1005 Mar Walt Dr., Fort Walton Beach, FL 32547

Please make checks payable to: White-Wilson Community Foundation

Packet pick-up: Fri. March 24 • 4-6 p.m. @ Run With It, 170 Miracle Strip Pkwy SE, FWB

Day of pick-up & registration: 8-8:45 a.m. @ AJ's Oyster Shanty, 108 Santa Rosa Blvd., Okaloosa Island

- **Awards for Runners: Overall Male and Female, Master and Grandmaster**
- **Awards for Runners: Male and Female 3 deep in 10 year age groups**
- **Awards for Walkers: Top three Male and Female walkers**

I know that running [volunteering for] a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I 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 attest that I have read the rules of the race and agree to abide by them. 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 will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release The White-Wilson Community Foundation, White-Wilson Medical Center, Run With It, the city of Ft. Walton Beach, all event 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. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

Parent's Signature if under 18: _____ Date: _____