Josh Sprinkle memorial 5k

August 8, 2009

7:30am

Ft. Walton Beach Landing

Come out and join us for the 5th annual Josh Sprinkle Memorial 5k. Before the race begins there will be donuts, bagels, and fruit. After the race, there will be free **massages.** There will be dozens of door prizes given away including restaurant gift certificates and unique local prizes. Be sure and stay after the race for the awesome Post-Race Barbecue!

registration/ packet pickup

$15 Early until July 31st

$20 after July 31st

$25 on race day

packet pickup and race day registration will be on race day at the landing at 6:30 until 7:20. T-Shirt are guaranteed only to **PRE-REGISTERED** entrants. Early registration improves chance of correct size.

The challenge

The cross country team that brings the most members to participate in the race will receive a **$500** donation.

Contact info

Race Director: Lissette & Jeff Fields

850-830-9970 or 803-9110

runliss1@cox.net

When?

August 8, 2009

7:30am

Where?

Ft. Walton Beach Landing

Awards:

Overall: male and females open and masters runners and walkers

Age groups- three deep:

Runners

0-9,10-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Walkers:

0-29, 30-39, 40-49, 50-59, 60-69, 70+

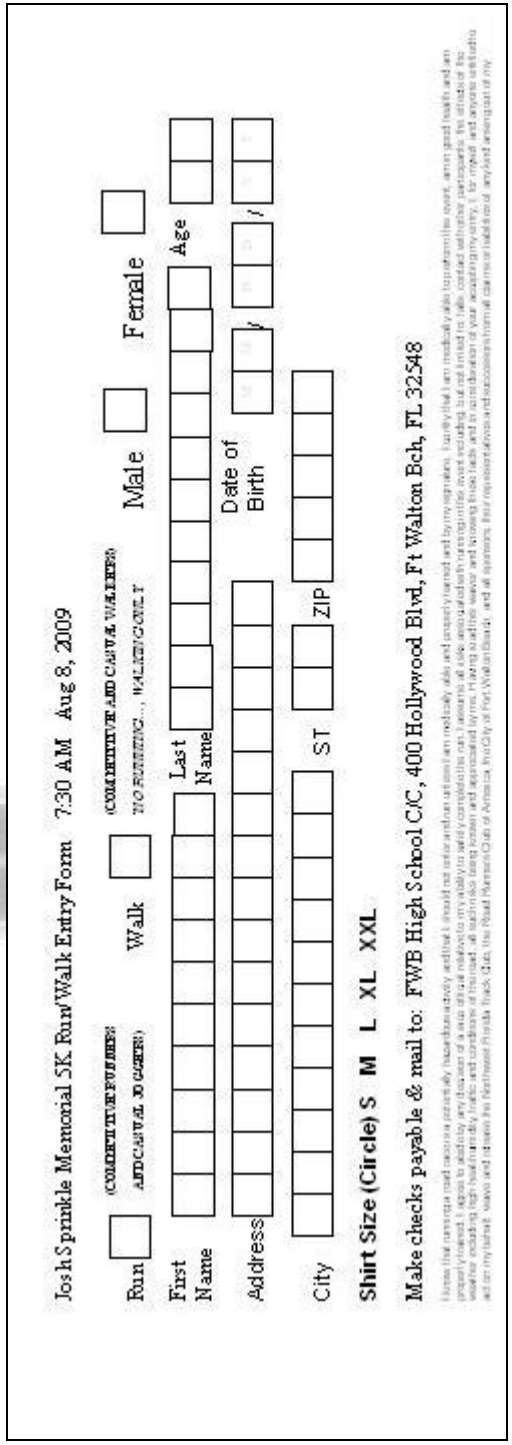
Make Checks Payable to:

Fort Walton Beach HS CC

400 Hollywood Blvd.

Ft. Walton Beach, FL 32548

Race Benefits Local High School Cross Country Programs



Josh Sprinkle Memorial 5K Run/Walk Entry Form 7:30 AM Aug 8, 2009

Run ☐ (COMPETITIVE RUNNERS: ABSOLUTELY NO GOOD) Walk ☐ (COMPETITIVE AND CASUAL WALKERS: NO RUNNING... WALKING ONLY) Male ☐ Female ☐

First Name | Last Name | Age

Address | Date of Birth / /

City | ST | ZIP

Shirt Size (Circle) S M L XL XXL

Make checks payable & mail to: FWB High School C/C, 400 Hollywood Blvd, Ft Walton Bch, FL 32548