



Timberlake Half Marathon and 5K Run
November 21, 2009
8:00 AM

Location: The run is held on the road to Camp Rudder (U.S. Army Ranger Camp), near the intersection of Ranger Camp Road and Lewis Turner Boulevard, Ft. Walton Beach, Florida. Ranger Camp Road is 1.6 miles west of the traffic light at Lewis Turner Blvd., and Rte. 85. Look for the Ranger Camp sign and Race Day signs.

Course: The course is out and back through the scenic woods of the Eglin AFB military reservation. The road is Paved all the way to the turn around points at 1.5 miles for the 5K and 6.5 miles for the half-marathon. Water and splits will be at the 1.5, 4, 6.5, 9.5, and 11.5 mile points.

Registration: Early registration mailed to NWFTC – Timberlake Half Marathon/5K Run
P.O. Box 911
Shalimar, Florida 32579
(Must be postmarked by November 13th)

Entry Fee: Early registration \$15.00 for 5K Run (\$2.00 discount NWFTC members)
Late and Race Day Registration: \$20.00 for 5K
\$25.00 for half marathon (no discounts race day)
Make Checks Payable to: Northwest Florida Track Club

Packet Pick-up: At race site on day of race

Perks: "2009" Timberlake Technical T-shirt to the first 200 registered runners. (sizes not guaranteed...early registrations will have a better chance of getting requested size). Finisher's medals for the half marathon finishers. Refreshments at finish line

Awards: Awards will be presented to the overall male and female in the open, masters and grandmasters categories for the half-marathon and the 5K Run. Awards will also be given to the top three males and females in the following age groups:

- 0-7 8-14 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+

For more information contact Bonnie Cardow (850)651-5631, timberlake@nwftc.com, or bjcardow@cox.net

Waiver: In consideration of the acceptance of this entry in the Timberlake Half-Marathon and 5K Run, I hereby for myself, my heirs, and my personal representatives, waive and release any and all claims and rights for damages I may have against the NW Florida Track Club, the United States Air Force, the organizers, sponsors, officials, and contributors and their representatives, successors and assigns for all and any illness or injuries suffered by me as a result of my participation in or traveling to or from this event. I attest and verify that I am physically fit and sufficiently trained for competition in this event, and that a licensed medical doctor has certified my physical condition. Further, I hereby grant full permission to any and all foregoing to use my name, photographs, videotapes, motion pictures, recordings, or any other record of the event for any purpose whatsoever without charge.

PLEASE PRINT ALL INFORMATION

NAME: _____ AGE: _____ MALE/FEMALE
ADDRESS: _____ PHONE: _____
SIGNATURE _____ NWFTC Member: Yes No
(Parent or Guardian if under 18 years old) Amount paid \$ _____

Please circle race: Half Marathon 5K Run SHIRT SIZE: S M L XL (shirts run large, size down)