

Heritage Museum 5k Run/Walk & Kid's 1 Mile Run



- When:** Saturday, April 24, 2010 **Start:** 8:00 a.m.
- Where:** Heritage Museum of Northwest Florida, 115 Westview Avenue in Valparaiso
- Course:** 3.1 miles through historic Valparaiso and along scenic Bayshore Drive.
Water station at half way point.
- Fees:** **EARLY REGISTRATION** (*through April 23*):
5k Run/Walk: \$18
Heritage Museum members and Northwest Florida Track Club members: \$15
Kids' Run: \$5
- RACE DAY REGISTRATION:**
5k Run/Walk: \$20
Kids' Run: \$10

Also register on www.active.com through April 23
Cool race t-shirts for first 200 registrations!

- Awards:** **Race divisions:** Overall male/female, master male/female, grand master male/female, awards to top 3 in the following age groups: 0-9, 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+ **Walk divisions:** Overall male/female, first male/female: 0-39, 40-49, 50-59, 60-64, 65-69 70+, and 1st baby jogger.
Kids' Run: Overall girl and boy; top boys and girls in the following age groups: 0-3, 4-6, 7-10, and 11-13.

- Questions:** James Frazier at running@valp.net or (850) 974-8061 or the Heritage Museum at (850) 678-2615
After the race awards, stay and enjoy the **34rd Annual Saturday in the Park Heritage Festival!**

HERITAGE MUSEUM 5K RUN/WALK REGISTRATION FORM

Make checks payable to: **Heritage Museum, 115 Westview Avenue, Valparaiso, Florida 32580**

AGE: _____ BIRTHDAY: ___/___/___ EVENT: 5K Run _____ 5K Walk _____
SHIRT SIZE: S M L XL Baby Jogger _____ Kids' 1 Mile _____
FIRST NAME: _____ LAST NAME: _____ SEX: MALE ___ FEMALE ___
ADDRESS: _____ PHONE: _____

I understand competing in a 5k is a potentially hazardous activity. I will not enter unless I am medically able and properly trained. I agree to abide by any decision of the race officials relative to my ability to safely compete in this event. I certify that I have completed the distance that I registered to compete in prior to completing the 5k/1mile. I, the undersigned, release and forever discharge the City of Valparaiso, the Heritage Museum and all agents, representatives and employees thereof, and their successors, from any and all claims and damage whatsoever which I my heirs, their executors, and administrators have or may have against the City of Valparaiso, the Heritage Museum and agents, representatives or employees by reason of damage or injuries, which may be incurred by myself while participating in the activities sponsored by the 5k or 1mile run/walk.

SIGNATURE OF ATHLETE (PARENT OR GUARDIAN IF MINOR)

DATE