



Join us for a scenic, timed 5k run~walk through the beautiful neighborhoods of Tequesta. Enjoy after race activities, DJ, kids art display and more. Race day registration at 7am. Race starts at 8am. Kids Obstacle Course at 9am. Constitution Park is located at 399 Seabrook Road, Tequesta.

Awards to top male and female athletes in each category. Medals to kids 12 and under and ribbons to all kids in the obstacle course. Package pick up March 2nd at Good Shepherd Episcopal School (402 Seabrook Road) 4-7pm.

Chip timing provided by AccuChip Timing.

5K Adults: \$25
 5K Tequesta Residents: \$20
 5K Seniors (65 & older): \$20
 5K Students (under 18): \$20
 2 Mile Short Run: \$20
 Kids Obstacle Course (8 & under): \$10

Register Online
SpringSprint5k.org
 or complete
 the form & mail in.

Race day fees will be \$35 for everyone (excluding kids obstacle course). Tech shirts guaranteed to those that register by February 20, 2012. All kids in the obstacle course and short run get a special kids t-shirt. Some roads will be closed during the race. Race map available online.

RACE REGISTRATION

Register online at SpringSprint5k.org or complete the below form and submit with payment to Good Shepherd Episcopal School, c/o Spring Sprint, 402 Seabrook Road, Tequesta, FL 33469.

5k Race/Walk: 5K Adult \$25 5K Tequesta Resident \$20
 5K Senior \$20 5K Student \$20
 2 Mile Short Run \$20 Kids Obstacle Course \$10

First Name: _____ Last Name: _____

Address: _____ City _____ Zip _____

Phone: _____ Email: _____

Race Day Age: _____ Gender: _____ Shirt Size: S M L XL XXL YS YM YL

PAYMENT

Total Amount: _____

Payment Type: Check (Payable to Good Shepherd Episcopal School) Cash

Credit Card Visa or Master Card

Name on Card: _____

Credit Card #: _____

Exp Date: ___/___ Security Code: _____

Signature: _____

RELEASE

I know that running is a potentially hazardous activity. I should not enter and run the race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk associated with running including, but not limited to, falls, contact with other participants, the effects of the road and traffic on course, all such risks being known and appreciated by me in said event and any pre-and post activities. Having read this waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive and release the FOLLOWING: Good Shepherd Episcopal Church and School (GSES), Village of Tequesta, AccuchipUSA, Inc., all sponsors, their directors, officers, employees, agents, representatives and successors from all claims or liabilities of any kind or nature whatsoever arising out of my voluntary participation in this race, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant to GSES and its sponsors, licensees the exclusive right to the free use of my name, my voice, and/or my picture in any broadcast, telecast, advertising, promotion or other account of this event. I agree to abide by all rules and guidelines of GSES and not cover, alter or reproduce my running number in any way on pain of my disqualification from this and future events. I acknowledge that my entry fee is non-refundable, including if the race is cancelled, and my entry is non-transferable.

Name: _____ Signature: _____ Date: _____