

Jingle Jog 5K Run/Walk

Sat Dec 10, 2016

Date & Time: Race starts at 8am on Sat Dec 10, 2016. Shirt pickup for everyone begins at 7:15am at the race starting area, George Sands Park at Hwy 98 and 5th Street.

Course: Start at George Sands Park at Hwy 98 and 5th Street and wind along the waterfront on scenic Gulf Avenue. You will turn around before you reach Hwy 98 and return along the waterfront to the starting area.

Early Registration: All participants \$15. Includes a 100% cotton short sleeve shirt.

Day of Race: \$20 including a shirt until they are gone!

Awards: Top male and female receive a festive gift **HO HO HO**

After the race finishes, you will be treated to a light holiday breakfast.

To register, mail completed forms to BeLinda Wharton, 702 W 3rd St, Carrabelle, FL 32322. Make check out to BeLinda Wharton and note "Jingle Jog" in the memo line. You can also register in person on the day of the race.

All proceeds to benefit Franklin Co Senior Citizens Center in Carrabelle.

Print Name _____ Age _____

Address _____ City _____ State _____

Email _____ Phone # _____

Shirt Size: XS ___ S ___ M ___ L ___ XL ___

I know that running a road race is potentially hazardous. I am medically able to participate and assume any and all risks associated with this event. I agree to abide by all decisions of the race officials regarding my ability to participate. I hereby release all officials and volunteers of Jingle Jog Carrabelle 5k of any claims or liability for any injury associated with the race. This release and waiver extends to all claims of every kind and nature whatsoever.

Signature (parent if under 18) _____ Date _____