

# 18th ANNUAL CHIROPRACTIC RUN FOR HEALTH



## 18th ANNUAL CHIROPRACTIC RUN FOR HEALTH

Please make check or money order payable to:  
**Payne Chiropractic Wellness Center**

RACE NUMBER: \_\_\_\_\_

EVENT: Run \_\_\_\_\_ Walk \_\_\_\_\_

SHIRT SIZE: S M L XL

AGE: \_\_\_\_\_ Male Female

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

BIRTHDAY: \_\_\_\_\_  
MONTH DAY YEAR

EMAIL: \_\_\_\_\_

ENTRY FEE: \_\_\_\_\_

**APPLICATION MAY BE COPIED**

SORRY-NO ENTRY ACCEPTED WITHOUT FEE

NO REFUNDS

ALL PARTICIPANTS MUST FILL OUT A REGISTRATION FORM

### PLACE:

Clement E Taylor City Park  
Calhoun Avenue- 1 mile on left  
1<sup>st</sup> Left past Destin Bridge heading from FWB

### COURSE:

5,000 Meter Run/Walk (3.1 ML.)

### TIMES:

5K Run/Walk Start 9:00 A.M.  
Pick up Packets/Shirts 8:00 A.M.  
Pick up Racing Bib at 7:30 A.M.

### AGE DIVISION:

5k Run/Walk/ Male & Female-starting at 0-19, 20-29,  
30-39, 40-49, 50-59, 60-69, 70+

### AWARDS 5K RUN/WALK:

Top Overall Male & Female  
Runners and Walkers in open categories

### T-SHIRTS:

Commemorative T-shirt for all participants who  
Register prior to April 1st

### PRE-REGISTER BY MAIL:

Complete the registration form.  
Make check payable to:

### **Payne Chiropractic Wellness Center**

And mail completed form to:

**Payne Chiropractic Wellness Center**  
4014 Commons Drive, Unit 114  
Destin, FL 32541

### ENTRY FEES:

Registration (everyone).....\$25.00

### PRE-REGISTER IN PERSON & ONLINE:

**Payne Chiropractic Wellness Center**  
4014 Commons Drive, Unit 114  
Destin, FL 32541

Mon-Fri 7:00 A.M.-6:00 P.M.  
Saturdays 8:00 A.M.-12:00 P.M.

### RACE DAY PACKET PICK-UP:

Clement E. Taylor City Park

### TEMPATURE WARNING:

Participants should drink plenty of fluids (non-alcoholic) for 48 hours prior to, during and upon finishing the race. Beware of heat/cold injury symptoms (dizziness, no sweating, nausea, cramps, redness, incoherent speech and thoughts). Seek immediate assistance if symptoms occur. Wear loose clothing.

### PROCEEDS:

Heroes  
"Specifically Capt. Nathan Nelson" one of our local

### AWARDS CEREMONY AND RAFFLES:

Award Ceremony will be held at Harry T's immediately following the race. Door prizes will be raffled at the ceremony. Applicants will receive one complementary ticket.

FOR ADDITIONAL INFORMATION CALL

**Payne Chiropractic Wellness Center**  
**(850) 654-8770**

CUT HERE

18th ANNUAL

**CHIROPRACTIC RUN FOR HEALTH**

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Send completed application to:

**Payne Chiropractic Wellness Center**

**4014 Commons Drive, Unit 114, Destin, FL 32541**

**RELEASE FORM:** (Mandatory) In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for losses, and damages I may have against Payne Chiropractic Wellness Center, race directors, and volunteers, any and all sponsors including other parties and their representative successors, and assigns for any and all injuries suffered by me in said event. I attest that I am physically fit and have sufficiently trained for the competition, which I am voluntarily entering at my own risk. My physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. I understand that roller skates, in-line skates, dogs or bicycles, are not permitted on the course during the Timed 5K Run.

\*\*I have read the above and understand that I am entering the 2017 Chiropractic Run for Health at my own risk.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

If under 18, signatures of legal guardian and participant are required.

*The City of Destin*



STREET MAP  
4200 TWO TREES ROAD  
DESTIN, FLORIDA 32541



*Coordinated by*



[www.nwftc.com](http://www.nwftc.com)

FOR ADDITIONAL INFORMATION CALL:  
**Payne Chiropractic Wellness Center**  
**(850) 654-8770**



**18th ANNUAL  
5K COMPETITIVE  
WALK AND RUN**

**Saturday  
April 29, 2017**

**All Proceeds Benefit  
Building Homes  
for Heroes  
"Capt. Nathan Nelson"  
one of our local Heroes!**

**Clement E. Taylor City Park  
Calhoun Avenue  
Destin, Florida**