



EGG NOG JOG 5K RUN/WALK

DATE & TIME: December 16, 2017 at 9:00 AM

LOCATION: The race will start and finish by Buffalo Wild Wings in Uptown Station on Eglin Pkwy in Fort Walton Beach. Registration will begin at 8:00 am.

FEE AND REGISTRATION: Entry fee is \$25.00 regular and \$23.00 for NWFTC members. Make checks payable to NWFTC and mail to NWFTC, P.O. Box 911, Shalimar, FL 32579 or register at Active.com.

AWARDS: In the 5K Run/Walk - Overall Male and Female, Overall Master Male and Female, and the Overall Grandmaster Male and Female. In the 5K Run- three deep for male and female in these 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, 70-74, 75+. In the 5k Walk - two deep for the male and female divisions in these age groups 0-9, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

POST RACE PARTY AND AWARDS CEREMONY: Refreshments featuring Egg Nog, Christmas cake and Buffalo wings, as well as the awards ceremony, will be held at Buffalo Wild Wings following the race. Enjoy Holiday shopping afterwards at Uptown Station.

INFORMATION: For information and results posting after the race, check www.nwftc.com or Patti Horton at 850-586-2163.

RACE COURSE: The out-and-back race begins on Hughes Street near Buffalo Wild Wings and travels up Hughes to a left turn onto Walton by Elliott Point Elem. School. The course follows Walton to a left turn onto Yacht Club Drive. Following Yacht Club Drive to a left turn onto Nebraska then another left onto Clements. After a quick right and loop around a turnaround cone the course reverses back to Buffalo Wild Wings.

5K RUN _____ 5K WALK _____ 5K WHEELCHAIR _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

PHONE NUMBER _____ AGE _____

BIRTHDATE _____ MALE _____ FEMALE _____

NWFTC MEMBER - YES _____ NO _____

T-SHIRT - Small _____ Medium _____ Large _____ XLarge _____ XXLarge _____

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, my executors, and administrators, waive, release and discharge forever, the Northwest Florida Track Club, Uptown Station, the City of Fort Walton Beach and Buffalo Wild Wings and all persons organizing or conducting the EGG NOG JOG and it's sponsors, agents, representatives, licenses, contractors, successors, and assigns, from any and all claims, demands, rights, and causes of action, regardless of the nature, resulting directly from any and all known or unknown, foreseen or unforeseen, bodily or personal injury, damage to property, and the consequences thereof resulting from my running and/or participating in said Egg Nog Jog on December 16, 2017, and agree not to sue for any said injuries and/or damage. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event.

SIGNATURE _____

IF UNDER 18, PARENT OR LEGAL GUARDIAN

SIGNATURE _____