



Josh Sprinkle Memorial
 “Never Forget”
5k- Run/walk
 ¼ & ½ & 1 Mile kid’s fun run

When? August 19th, 2017 7:30am Where? Ft. Walton Beach Landing

Awards:

Overall: male and females open masters and grandmasters runners and walkers Age groups– three deep:

Runners

0–9,10–12, 13–14, 15–16, 17–19, 20–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70+

Walkers:

0–29, 30–39, 40–49, 50–59, 60–69, 70+ **Kids fun run: ages 1–4 ¼ mile, 5–7 ½ mile, and ages 8–11 mile run**

Come out and join us for the 13th annual Josh Sprinkle Memorial 5k. Before the race begins there will be donuts, bagels, and fruit. After the race ends there will be free massages. There will be dozens of door prizes given away (MUST BE PRESENT TO WIN) including restaurant gift certificates and unique local prizes. Be sure and stay after the race for the awesome Post–Race picnic. We will also have drawing tickets for some great prizes (such as condo stays, massages) DO NOT HAVE TO BE PRESENT TO WIN **registration/ packet pickup (\$2 DISCOUNT FOR NWFTC MEMBERS)**

\$20 Early until August 15th \$25 after August 15th \$30 on race day **Kids race \$10 Early \$15 race day**

Packet pickup and registration on Thursday, August 17th and Friday, August 18th 4:00– 6:00 PM at RUN WITH IT!

During packet pick up Middle/High School Spike nights 10% off trainers/other items in store 20% off spikes (with purchase of trainers) 170 Miracle Strip Parkway Fort Walton Beach (850) 243–1007

Packet pickup and race day registration will be on race day at the landing at 6:30 until 7:20. **T–Shirts are guaranteed only to first 150 PREREGISTERED entrants. Early registration improves chance of correct size.**

The challenge–The Middle school or High school cross country team that brings the most members to participate in the race will receive a **\$350 donation**. The school with the second most participants will receive \$150 for their cross–country program.

Contact info: Race Directors: Lissette & Jeff Fields 850–803–3126 or 803–9110 lissette.fields@mail.okaloosa.k12.fl.us

Please check one: 5K Run _____ 5K Walk _____ Kids Fun Run _____

Name: _____ Date of Birth: _____ **Age on August 19th** : _____ Sex: M F

Address: _____ Phone: _____ School _____

City: _____ State: _____ Zip: _____ Shirt size (kids): S M L (first 30 kids applicants)

Adult sizes: S M L XL 2XL

WAIVER (Mandatory) I know that running/walking a road race is a potentially hazardous activity. I should not enter and run 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 in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/humidity, traffic and conditions of the road, all such risk being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the NWFTC, FWB HS, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ Date: _____

(Parent must sign for children under 18 years of age)

Make checks payable to: Fort Walton Beach HS CC
 400 Hollywood Blvd.
 Ft. Walton Beach, Fl. 32548

ONLINE REGISTRATION: ACTIVE.COM
 Race Benefits Local Cross Country Programs