

**NHS EAGLE PRIDE “BAND ON THE RUN”**  
**5K RUN/WALK**  
**SPONSORED BY THE NICEVILLE HIGH SCHOOL BAND**

**When:** February 17, 2018 at 8:00 AM

**Where:** Niceville High School, 800 E. Partin Drive, Niceville, Fl.

**Course:** The course is fairly flat and fast starting between Niceville HS and Ruckel Middle School, before proceeding north on Cedar Ave, left on Evergreen then retracing the route back to NHS. Parking and race area will be between NHS and Ruckel Middle School on Old Coastal Highway.

**Awards:** Overall male/female, master male/female and grandmaster male/female for the 5K Run. Awards will be presented to the top 3 in the following 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 +.

**Walking** winners include: overall male/female and the next top ten finishers.

**Post-Race:** The awards presentation and post-race food will be held in the cafeteria.

**Entry Fees:** Early registration through February 14, 2018. Day of race registration from 6:30-7:45 AM.

Early 5K runner/walker	\$20.00	Late and Race day 5K entry	\$25.00
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Students	\$15.00
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NWFTC Members will receive a \$2.00 discount.

T-shirt presented to the first 200 entries. Early registration improves chances of correct size. No refunds will be given. You may register on line at [www.active.com](http://www.active.com)

For more information or questions about the race, please contact Rich Gugliemino at [rjgug@cox.net](mailto:rjgug@cox.net)

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**APPLICATION** Make checks payable to: **Niceville High School Band**

Mail to: Rich Gugliemino 4241 Shadow Ln. Niceville, FL 32578

Event: 5K Run \_\_\_\_\_ 5K Walk \_\_\_\_\_

Birthday \_\_\_\_/\_\_\_\_/\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Shirt Size Youth L S M L XL XXL

Address \_\_\_\_\_ Sex Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_

I know competing in a 5K is a potential hazardous activity. I should not enter unless I'm medically able and properly trained. I agree to abide by any decisions of the race officials relative to my ability to safely compete in this event. I, the undersigned, release and forever discharge the city of Niceville, the Northwest Florida Track Club, Niceville High School and all agents, representatives and employees thereof, and their successors, from any and all claims and damage whatsoever which I, my heirs, their executors, and administrators have or may have against the city of Niceville, Niceville High School and the NWFTC, its agents, representatives or employees by reason of damage or injuries which may be incurred by myself while participating in the activities sponsored by the 5k/mile run.

\_\_\_\_\_  
Signature of Athlete (Parent or Guardian if minor) Date \_\_\_\_\_