



# Run & ReLAX 5K



For  
Satellite High School Lacrosse

March 19, 2016

4:00PM Start @ Longdoggers

1201 S. Patrick Drive, Satellite Beach 32937

**FEES:**

- Early Register (postmark by Mar 12): \$15
- Register after Mar 12 or Day of Race: \$25
- Kids Fun Run – No Register: *FREE*
- Technical shirts - while supplies last!
- Door Prizes & Post Race Refreshments

**RUNNER AWARDS:**

- Top 3 Overall M & F, Top Master M & F
- Age Groups (Top 3 M & F)

9 & under	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+	

**TIMES:**

Mar 18: Early Packet Pickup @ LongDoggers

Mar 19: RACE DAY

- 2:30 PM: Packet Pickup and Day of Registration
- 3:45 PM: Day of Race Registration Ends
- 4:00 PM: 5K Run/Walk Begins
- \*Awards to Follow Kids Run

**MAIL:** Check to Friends of Brevard Lacrosse (SHS 5K) with registration form to: Bill McLamb, 175 Martesia Way, Indian Harbour Beach FL 32937

**ONLINE:** <http://www.fblacrosse.com> Click *Donate*  
**Must list SHS-5K and runner's name in the PayPal comment section**

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**Run & ReLAX 5K Run/Walk - Official Entry Form**

Name: \_\_\_\_\_

Walker  Runner

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Sex (circle): Male Female

Shirt Size (circle): YM YL AS AM AL AXL AXXL

In consideration of my being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race an any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Running on Island Time Event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature of Parent for those under 18

\_\_\_\_\_  
Date