



Saturday, June 8, 2019
5K & 10K Run/Walk
7:00 AM

Irene Canova Beach Park, Indian Harbour Beach, FL

Receive Your Commemorative Beach Towel!

Registration: 5K <input type="checkbox"/> \$25 SCR Member 5K <input type="checkbox"/> \$22 10K <input type="checkbox"/> \$35 SCR Member 10K <input type="checkbox"/> \$32	Race Day Registration: 5K: <input type="checkbox"/> \$35K 10K <input type="checkbox"/> \$45
Doggie Dash (untimed): <input type="checkbox"/> \$20	
Add Ons: Finisher Medal <input type="checkbox"/> \$12 Vintage Shirt <input type="checkbox"/> \$8	Make Checks Payable To: Up & Running Fitness 800 Poinsetta Drive, #5 Indian Harbour Beach, FL 32937

Early Packet Pickup: Fri 6/7/19 Running Zone, 3696 N. Wickham Road, Melbourne FL

Name:		T-shirt (circle): XS S M L XL XXL
Address:		City, ST ZIP
Phone:		Email:
Date of Birth:	Age on Race Day:	Male Female (circle)
<p>In consideration of my being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executives, 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 Run the Tide 5k, 10K and Doggie Dash event. If I should suffer injury or illness I authorize the officials of the event 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, videos, 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 race at my own risk.</p>		
Signature:		
Signature of Parent if under 18:		Date: