



Worm Gruntin' 5K Race

Date: Saturday, April 13, 2019
Pre-race Registration starts at 7:00 AM; Race starts at 8:00 AM

Place and Course: Race starts in Downtown Sopchoppy FL

Entry Fee: \$15.00 Early Registration (By or before March 31st), Includes Race Shirt
\$20.00 Day of Race - Includes Race Shirt (If Available)
\$10.00 Kids 12 and Under (Early or Day of Registration)
\$10.00 No shirt option (Early or Day of Registration)

**Register Online at Active.Com or
Send Registration Form with check payable to:
SPIA
P.O. Box 272
Sopchoppy, FL 32358**

Refreshments: Gatorade, water, and fruit

Awards: Awards: Medallion for All Finishers; Trophies for Overall M & F, Master M & F and Grandmaster M & F

For Additional Information: Race Director: Susan Brooks Shearer, 850-545-6678

Sopchoppy Worm Gruntin' 5K Race Entry Form

SPIA P.O. Box 272 Sopchoppy, FL 32358		
Name: _____	Age _____ (On 4/13/19):	Date of Birth: _____
Male <input type="checkbox"/> Female <input type="checkbox"/>	Phone _____	E-mail: _____
Address: _____		
City: _____	State: _____	Zip Code: _____
Shirt Size – S M L XL XXL		
<p>I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able, physically fit and properly trained. I assume any and all risks associated with this event including but not limited to falls, contact with other participants, effects of weather, including high heat and/or humidity, and traffic and the conditions of the roads, all such risks being known and acknowledged by me. I agree to abide by all the decisions of the race officials relative to my ability to safely complete this run. Knowing these facts and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge all SPIA race officials, volunteers and all sponsors including their agents, employees, assigns, or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the persons named in this waiver. The Release and Waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants full permission to SPIA and/or agents authorized by them to use any photograph, videotapes, motion picture or any other record of this event for any legitimate purpose.</p>		
Signature (parent if under 18) _____		Date _____

