



# 4<sup>th</sup> ANNUAL SIESTA KEY BEACH 5K RUN/WALK FOR MENTAL HEALTH AWARENESS

**DATE:** APRIL 16<sup>th</sup>, 2011

**TIME:** 7:30 A.M.

**LOCATION:** SIESTA BEACH PAVILION

**ENTRY FEES:**

**Early Entries \$20.00**

**Late Entries & Race Day Registration [After April 1<sup>st</sup>] \$25.00**

**Day of Race Registration starts at 6:30 am – 7:15 am**

**[Sanctioned Run – USA Track & Field]**



"Awards: Overall, Masters, Grand Masters, Senior Grand Masters, Veteran's Grand Masters, 5 year age groups (male and female).

Awards will be three deep with medals" Drawing for Door Prizes!

**Take the first step... REGISTER TODAY!**

An estimated 26.2 percent of Americans ages 18 and older suffer from a diagnosable mental disorder in a given year. All proceeds will benefit individuals & families dealing with mental health issues.

## REGISTER ON LINE

<http://www.active.com/running/sarasota-fl/4th-annual-siesta-key-beach-5k-runwalk-for-mental-health-awareness-2011>

~~~~~Or Cut Here~~~~~

## REGISTRATION FORM

Please complete one form for each participant, mail and make checks payable to:

**TRIBUO**

501(c)(3) not for profit organization

c/o Connie Woodruff, 30 S. Palm Avenue, Sarasota, Florida 34236

(941-928-8008) [linda.tribuo@hotmail.com](mailto:linda.tribuo@hotmail.com) <http://www.tribuoinc.org>

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

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Emergency Name & Phone: \_\_\_\_\_

e-mail: \_\_\_\_\_ Age: \_\_\_\_\_

**T-shirt size, please circle one: Small Medium Large Ex-Large**

**Package Pick Up at "Fit 2 Run, 8249 Cooper Creek Blvd., University Park, FL 34201 (941) 358-5100" after April 13<sup>th</sup>-15<sup>th</sup> or at the beach day of race.**

**[Participants registering after April 1<sup>st</sup> are not guaranteed a T-Shirt]**

Disclaimer: I know that running a race is a potentially hazardous activity. I should not participate 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 risks associated with running in this event including and not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and conditions of the road or trail, or beach, all such risks being known and appreciated by me. By signing this form, I agree that for safety reasons, strollers, baby joggers, bicycles, skates, and animals are not permitted in this event. Having read the waiver and knowing these facts and considerations of your accepting my entry, I, for myself, and anyone entitled to act on my behalf shall indemnify, hold harmless, waive and release Tribuo, Inc., USA Track & Field, Florida Road Race Management and the County of Sarasota their member Associations, officers and directors, agents and employees, all sponsors and volunteers, their representatives and successors from any and all damages, awards, costs and expenses including, but not limited to, attorneys' fees, court costs, and all other sums which or by any action or omission of Tribuo, Inc., USA Track & Field, Florida Road Race Management and the County of Sarasota their member Associations, officers and directors, agents and employees, all sponsors and volunteers, their representatives and successors may pay or become obligated to pay on account of any and every demand, claim or assertion of liability, or any claim or action founded thereon, arising or alleged to have arisen 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. This is for runners and walkers only.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or Guardian if under 18 years old)

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