

2019 REGISTRATION FORM

Saturday, April 13th



Event Location: St. Andrews State Park
Start/Finish Line at Gulf Pier
4607 State Park Lane
Panama City Beach, FL 32408
(850) 769-7448

Time: 6:00 am Park Opens | Onsite Registration begins 6 am - 7am
7:00 am 10K Race Begins
7:25 am 5K Race Begins
8:25 am 1 Mile Fun Run Begins
8:30 - 10:30 am Post Race Party, Awards & Lunch

Packet Pick-up Options:

- Friday, April 13th | 3:30 - 6:30 pm
Covenant Christian School,
2350 Frankford Ave, Panama City, 32405
- Saturday, April 14th | 6:00 - 7:00 am
Race Day, St. Andrews State Park

Pricing & Registration:

10K \$45 _____
5K \$35 _____
1 Mile \$20 _____
Donation _____
Volunteer _____

Team Name or Company (if applicable) _____

First Name _____ Last Name _____ Age _____

Address _____
street city, state zip

Email _____

Birthdate _____ M or F T-Shirt Size:
(please circle one) XS S M L XL XXL
(circle one - indicate Youth if necessary)

*Please note, we cannot guarantee your t-shirt size if registered after March 27, 2019.



Covenant Christian School
2350 Frankford Avenue
Panama City, FL 32405
(850) 769-7448



Waiver & Release Form

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, and effects of the weather, including heat and/or humidity, lightning, extreme cold, traffic and the conditions of the road, such risks being known and appreciated by me.

Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on by behalf, Waive, Release, and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: Covenant Christian School, any and ALL Coach Post Run sponsors, St. Andrews State Park; and any and all other vendors, providers, or subcontractors, sponsors and volunteers , their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event volunteers, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver.

Further, I grant permission to all the foregoing to use my name and images of myself in any photographs, motion pictures, results, publications or any other print, video, graphic, or electronic record of this event for legitimate purposes.

Printed Name of Runner

Date

Signature

If Under 18, Parent of Guardian