



5K Run

Proceeds benefit kids in the big bend community



SATURDAY, NOVEMBER 7, 2009

8:30 A.M. RACE START

CHECK-IN & LATE REGISTRATION BEGIN AT 7:00 A.M.

Directions: Mahan Dr. East, Left on Edenfield Rd., Left on Barfield Rd. into Southern Oaks.

Cops for Kids-Tallahassee, Inc., established in 1999, is celebrating its 10th year anniversary and invites you to be a part of this celebration by joining us in our first annual 5K road run! Cops for Kids-Tallahassee, Inc. is a non-profit organization made up of business and law enforcement leaders in our community.

Cops for Kids-Tallahassee, Inc. has provided more than 4,000 bicycles, helmets, clothing, and school supplies to needy youth in the Big Bend Community. Come out and run (or walk) the beautiful, serene neighborhoods of Southern Oaks and Lafayette Oaks in Tallahassee.

T-Shirt to all runners! All finishers receive a race medal! Prizes to top 3 in each category!

Male & Female Age Group Categories: 9 and under; 10-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80+

Race Fees: \$15 early (registration rcvd by 10/25/09) or \$20 late registration (after 10/25/09)

NOTE: Bring a New bike helmet and receive a \$10 discount off your Registration Fee !!!

Mail Registration to: Cops for Kids, Inc. 3208 Talon Court, Tallahassee, FL 32309

www.CopsforKidsTallahassee.org

Call: 850-566-4131 or 850-566-2560 with questions or for race information.

AGE: _____

Circle: Male / Female

Shirt Size: Sm, Md, Lrg X-Lrg

Name _____

Address _____

Telephone _____ **or e-mail** _____

I know that running/walking a road race is a potentially hazardous activity and that I should not enter and walk/run unless I am medically able. I agree to abide by any race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking this event including, but not limited to falls, contact with other participants, the effect of the weather, including high and low temperatures and or humidity, traffic and other conditions of the course; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the Cops for Kids Tallahassee, Inc. Race Officials, volunteers, the City of Tallahassee, and all sponsors, their representatives, employees, and successors from any claims and liabilities o any kind arising out of my participation in this event or carelessness of the persons named in the waiver. Further, I grant to all the foregoing the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature (if under 18- parent/guardian)

Date