



5-K Run/Walk
February 4, 2005 at 8 AM
Downtown Lake City in Olustee Park
 (Registration ends: 7:00 AM)

Proceeds will benefit Columbia High School Cross Country.

	Entry Fee:
Early Registration (postmarked by 1/20/2006)	\$20.00
Registration until day of race	\$25.00

For more information, contact Heyward Christie
 at (386) 758-5448 or Shelli Shoup at 386-758-7691.
 Please make checks payable to **CHS Cross Country** and mail to:

Southside Recreation Center
205 N. Marion Ave.
Lake City, Florida 32055
or drop forms off at Southside Recreation Center
located at 692 SW St. Margaret St.

 Last Name _____ First Name _____
 Date of Birth (MM/DD/YY) _____ Age (race day) ____ Male ___ Female ___

T-shirt size (circle one): Child - M L Adult - S M L XL XXL

Street Address _____
 City _____ State _____ Zip Code _____
 Telephone _____ Emergency Contact Phone _____

Columbia High Cross Country - Amount Enclosed _____ Check ___ Cash ___
 I Choose Not to Run - Accept My Registration as a Donation _____

I know that running a road race is a potentially hazardous activity. I should not enter and run 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, but not limited to: falls, contact with other participants, the effect of the weather, including high heat and/or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or blades and animals are not allowed in the race and I will abide by this guideline. 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 my behalf, waive and release the Blue-Grey Army, Inc., the Columbia High School Cross Country Team, the Columbia County School Board, City of Lake City, and the Lake City-Columbia County Parks and Recreation and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I further grant permission to this race and organization conducting the race and/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose.

Signed: _____ Date: _____
 If under 18, signature of legal guardian: _____