

North Shores Improvement Association Community Center



14th Annual Vilano Bridge 5K Run & Walk Saturday, May 15th, 2010 ~ 8:00 am



Start/Finish: Athletic Field behind NSIA Community Center 120 Meadow Avenue, Vilano Beach

REGISTRATION - Fee includes race t-shirt Medals will be awarded to winners in each age group.

Thru Friday, May 14th at 7pm*: \$15 **Day of Race:** \$20 (7am-7:30am) ACRR members may deduct \$2 with proof of membership.

*Pre-Registration packet pick-up is Friday, May 14th from 5-7pm at NSIA Community Center, 120 Meadow Avenue, Vilano Beach

Make check payable to: "NSIA" and note "5K Run"

Mail entry forms to: North Shores Improvement Association 5K Run, P O Box 3411, St. Augustine, FL 32085

RACE INFORMATION: Jackie Hird 904-829-0978 or Maria Rivero 904-501-5550

COURSE: Over the Vilano Bridge and back from the athletic field on Gardner Avenue.

Name: _____ **Phone:** _____

Address: _____

Email: _____

Age on Race Day: _____ **Circle:** Male Female **Shirt Size:** S M L XL XXL

How did you hear about our race? _____

****WAIVER: MUST READ AND SIGN** waiver in order to race & receive t-shirt and race packet. Children under 18 must have parent/guardian signature and be accompanied by parent/guardian at the race.

Release: In consideration of the acceptance of my application to participate in the 14th Annual Vilano Bridge 5K Walk & Run, I do hereby release and discharge the NSIA, the ACRR, the St. Augustine/St. Johns County Recreation Department, the County of St. Johns, the State of Florida Department of Transportation and their agents, and all race sponsors, organizers, servants or employees from any and all liability for their own negligence, for damages or injuries that I might receive during any participation, whether due to the acts of third persons or otherwise. I attest that I am physically fit and well trained to participate in the 14th Annual Vilano Bridge 5K Walk & Run on May 15th, 2010.

Signature: _____ **Date:** _____

Signature of Parent or Guardian (if participant is under 18):

Athletes who participate in this competition will be subject to formal drug testing in accordance with USAT & F rules and IAA rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at 1-800-233-0393.