



Lake Region Kiwanis Club presents:

2017 10th ANNUAL

Our Country Day 5k **THEME: Independence Day, The Keystone Way!**

REGISTRATION and EVENT INFORMATION

This 5k (3.1 mile) run is open to all runners and walkers. Wheelchairs & baby strollers are permitted.

*****NO bikes, skates, skate shoes, skateboards or scooters allowed.*****

\$35 through June 27th(Postmarked and paid)\$40 through July 4th

*****SORRY, NO REFUNDS!*****



- * Professional chip timing by Milestone Race Authority. The race will be timed and scored by Jaguar Timing Systems electronic bib tag. Your entry fee covers the cost of the disposable chip which does not need to be returned.
- * ALL runners/walkers MUST HAVE AN ENTRY NUMBER to participate in the event.
- * The run begins at 8:00 a.m. The roads will reopen at 9:30 a.m.
- * Visit ITS Your Race.com to REGISTER ONLINE. <http://OurCountryDay5K.itsyourrace.com>
- * T-shirts to all pre-registered entrants. Late & race day entrants are not guaranteed a t-shirt.
- * Proceeds will benefit Lake Region Kiwanis Club youth programs & Lake Area Ministries.

PACKET PICK UP

Packets will be available for pick up at *City Hall* (555 South Lawrence Boulevard, Keystone Heights, FL 32656) Monday, July 3rd from 4:00 – 6:00pm and Tuesday, July 4th – 6:30-7:30am.

THE COURSE

The 5k starts and finishes on Lawrence Boulevard in front of City Hall (555 South Lawrence Boulevard, Keystone Heights, FL). This well shaded course winds through the neighborhoods surrounding Keystone Heights Elementary School. Water stations are located at mile 1, 2.25 and the start/finish area.

AWARDS

Awards will be given to the TOP Winners in the following age categories, following the conclusion of the race.

| | |
|-----------------------------------|------------------------------------|
| Overall Male & Female | 10 and under Overall Male & Female |
| 11-15 Overall Male & Female | 16-25 Overall Male & Female |
| 26-35 Overall Male & Female | 36-45 Overall Male & Female |
| 46-55 Overall Male & Female | 56-65 Overall Male & Female |
| 66 and over Overall Male & Female | |

PARKING

Parking is available at Natural Park (across from City Hall) or Keystone Beach.
PLEASE DO NOT PARK along Lawrence Blvd.



2017 10th ANNUAL Our Country Day 5k ENTRY FORM

Tuesday, July 4th • 8:00 a.m. • Keystone Heights, FL

LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____ PHONE: _____

CITY, STATE, ZIP: _____

EMAIL ADDRESS: _____

DOB (mm/dd/yy): _____ AGE (race day) ___ GENDER M or F SHIRT SIZE: Youth L S M L XL XXL
FOR TEXT MESSAGE OF YOUR TIME: Cell Phone _____ CELL PHONE CARRIER (circle one below)
ALLTEL AT&T BOOST MOBILE NEXTEL SPRINT T MOBILE US CELLULAR VERIZON VIRGIN

EMERGENCY CONTACT INFORMATION - Name: _____ Phone #: _____

Make checks payable to: *Lake Region Kiwanis Club*

Mail payment & entry form to: 207 SE 34th Street, Keystone Heights, FL 32656 (must be received by July 1st) **~OR~**

Drop payment & entry form off at: Genesis Fitness Center, 310 S Lawrence Boulevard, Keystone Heights, FL 32656

Registration fee: \$35 through June 27th \$40 through July 4th

Additional donation: _____

~Proceeds will benefit Lake Region Kiwanis Club Youth Programs & Lake Area Ministries food bank~

TOTAL: _____ (cash or check)

Registration fees and donations are non-refundable

Please read and sign this waiver:

WAIVER: I know that participating in a walk/run event is potentially hazardous. I will not enter and 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 event. I assume all risks associated with the event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and / or humidity, the conditions of the road and traffic on the course. All of these risks are known and appreciated by me. If, as a result of my participation in this event, I require medical attention, I hereby give consent to authorize medical personnel to provide such medical care as deemed necessary. Having read this waiver and knowing these facts, and in consideration of my entry, I for myself, and anyone acting on my behalf, waive, release and hold harmless Our Country Day, Inc., Lake Region Kiwanis Club, Lake Area Ministries, Inc., all suppliers, all sponsors, all volunteers, all promoters, all the aforementioned named parties respective directors, officers, employees, agents, assigns, representatives and successors and/or any individual or group associated therewithin, from and against all claims, damages, liabilities, costs and expenses of any kind, including reasonable attorney's fees arising out of my participation in this event even though that liability may arise out of my negligence or carelessness, and or the negligence or carelessness of any individual or organization named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings, verbal or written statements, or any other record of this event, for any legitimate purpose. I am of legal age (18 years of age or older), have read this release, fully understand it, and freely agree to all of its terms. **Anyone 12 years old or under must be accompanied by an adult 18 years of age or older.**

Print name of participant: _____

Participant's signature: _____ **Date:** _____