

**National Child Abuse
Prevention Month
5K Run/Walk
Entry Form**

Circle Sex: Female Male

Age _____ (On April 5, 2014)

T-Shirt Size: S M L XL XXL

Name (Print) _____

Address _____

Phone _____

WAIVER: 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 effects of weather, including high heat and/or humidity; traffic; and the conditions of the road, all 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 any entitled to act on my behalf, waive and release the Niceville Exchange Club, the City of Niceville, the Northwest Florida Track Club and all race sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in the 2014 CAC 5K Run/Walk .

Signature _____

Parent /Guardian Signature if under 18 years of age _____

Email Address (To be used ONLY for participants who would like next years flyer emailed to them.) _____

Mail To:
Niceville Exchange Club
PO Box 342
Niceville, FL 32588-0342

**MAKE CHECKS PAYABLE TO:
NICEVILLE EXCHANGE CLUB**

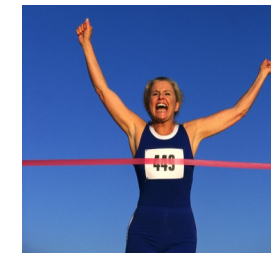
Thanks for the support from
the following:



**THE EXCHANGE
CLUB OF NICEVILLE
PRESENTS...**

**2014 15th Annual
NWFTC Grand Prix Race
5K Run/Walk**

*National Child Abuse
Prevention Month*
**5K Run/Walk
&
Kids Fun Run**



**Saturday, 5 April 2014, 8:00 AM
Kids 10 & Under Fun Run 9:15 AM
Niceville Children's Park**

**DIRECTED BY THE NORTHWEST
FLORIDA TRACK CLUB**

National Child Abuse Prevention Month 5K Run/Walk & 10 & Under Kids Fun Run

DATE & TIME:

SATURDAY, April 5, 2014, 8:00 AM
10 & Under Kids Fun Run 9:15 AM

LOCATION:

Niceville Children's Park
By the Community Center
212 Partin Drive on Hwy 285



ENTRY FEE:

\$18.00 thru March 29, 2014
\$23.00 thereafter thru Race Day
\$6.00 10 & Under Kids Fun Run

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RACE DAY REGISTRATION PACKAGE PICKUP:

Niceville Children's Park
From 6:30 AM to 7:45 AM day of race

COURSE: The 5K course is an out and back scenic route through Niceville's neighborhood off Cedar Avenue. The course will start in front of the Children's Park on Hwy 285, go south and make a right on Cedar Avenue. Participants will continue up Cedar Avenue, make a left on Evergreen then another left on Cedar Ridge and return back the same way. The finish line will be in the parking lot of the Children's Park. This is a flat course and great for first time runners or walkers. This will be a Northwest Florida Track Club Grand Prix Race.

REGISTER ON LINE:

[http://www.active.com/event_detail.cfm?
event_id=2083450](http://www.active.com/event_detail.cfm?event_id=2083450)

NOTE: Active.com charges a registration fee of \$3.25.
Last day to register on Active.com is March 29, 2014.

OPEN COMPETITION AWARDS:

The awards are as follows:

RUNNERS:

Top Overall—Male and Female
Top Master—Male and Female
Top Grand Master—Male and Female

Top Three in Each Age Division: Male and Female—
0-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-
49, 50-54, 55-59, 60-64, 65-69, 70+.

WALKERS: Age Groups Male and Female—0-39,
40-49, 50-59, 60+ (Male and Female Overall top three).

WHEELCHAIRS: Overall winner

KIDS 10 & UNDER FUN RUN: The 1 mile Kids
Fun Run will award overall trophies for the first Boy &
Girl. Ribbons will be given to each Boy/Girl winners of the
following age groups— 0-2, 3, 4, 5, 6, 7, 8, 9, & 10.

T-SHIRTS & DOOR PRIZES: Short sleeve
shirts supporting the Emerald Coast Children's Advocacy
Center will go to the first 150 5K Runners/Walkers. Regis-
ter early to improve chances of getting the correct size.

REFRESHMENTS: Post-race refreshments will be
provided to all participants.

AWARDS CEREMONY: The awards ceremony
will be held at or near the Children's Amphitheater, adjacent
to the park. The director of the Children's Advocacy Center
will give out the awards along with members of the Nice-
ville Exchange Club.

POST-RACE FESTIVITIES: Free hot dogs and
drinks while they last at or near the Children's Park. Every-
one is invited to bring their families.

INFORMATION: For more information, contact
Dorothy Miller at (850) 678-4984. Internet Site:
www.nwftc.com

National Child Abuse Prevention Month 10 & Under Kids Fun Run Entry Form



Circle Sex: Girl Boy

Age _____ (On April 5, 2014)

Name (Print)

Address

Phone

WAIVER: 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 effects of weather, including high heat and/or humidity; traffic; and the conditions of the road, all 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 any entitled to act on my behalf, waive and release the Niceville Exchange Club, the City of Niceville, the Northwest Florida Track Club and all race sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in the 2014 CAC 10 & Under Kids Fun Run.

Parent /Guardian Signature (Must be 18 years of age or older)

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NICEVILLE EXCHANGE CLUB
P.O. Box 342, Niceville FL 32588