



1st Annual Friends Helping Friends 5K Fun Run/Walk

Walk on Water

Date & Time

Saturday, August 1, 2009
7:30 am: 5k (3 miles) Run/Walk
8:30 am Kids Fun Run Begins for
Ages 10 and under

Location

Start: Walk on Water, 1140 Town Park Lane, Lk. Mary, FL
Finish: Walk on Water, 1140 Town Park Lane, Lk Mary, FL

Entry Fee

Entry fees are nonrefundable and non transferable.

Cash or Check Only

Kids	\$10
Thru July 20 th	\$20
Late registration	\$30
Race Day	\$30

Check here if you have paid ONLINE

Registration

Walk-in or mail finished entry form to Walk on Water
1140 Town Park Lane, Lk. Mary, FL 32746 or
Visit www.walkonwaterfl.com and use our shopping cart to
Pay ONLINE. If online payment is made, you may FAX your
Signed registration form to (407) 805-0474
Make checks payable to: **Safe House of Seminole**

Packet Pick-Up

Pick up t-shirt and information day of the race.

Refreshments

Water and fresh fruit will be available at the finish.

Beneficiary

Funds from the Friends Helping Friends 5k Fun/Run Walk go to
Safe House of Seminole. Safe House of Seminole reaches out to
the community to provide a coordinated response to prevent the
epidemic of domestic violence. Race to show you care and help
your community thrive!

Walk on Water

Friends Helping Friends

1st Annual 5k Fun Run/Walk

Pledge Commitment/Race Registration

Official Use only

Last Name

First Name

Male Female

Date of Birth

Age

T-shirt size

(On day of race)

S M L XL

Address (Street)

Apt/Suite #

City

Zip code (or Foreign Postal Code)

E-mail Address

Home Phone

Day Phone

Cash Check

Incomplete or unsigned Entry Forms will not be accepted. In consideration of my entry being accepted, I intend to be legally bound and do hereby for myself, my heirs, executors, waive and release all rights and claims for damages which may have or which may hereinafter accrue to me against the Roxy Blue dba Walk on Water and any of the above mentioned races and their sponsors upon which I am entering, any subsidiary or political division thereof, of their respective officers, agents, directors, representatives, successors, assigns, and sponsors for any and all damages or injuries which may be sustained and suffered by me in connection with my association with entry or participation in the event as is mentioned above. If I should suffer injury or illness I authorize officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for this action, I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the fore going to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. Bicycles, baby strollers/joggers, dogs, inline/roller skates, are prohibited. *I have read the above release and understand that I am entering this event at my own risk.*

Signature

If under 18, parent or guardian signature is required

Date