



3rd ANNUAL SIESTA KEY BEACH 5K RUN/WALK FOR MENTAL HEALTH AWARENESS

DATE: APRIL 17th, 2010

TIME: 7:30 A.M.

LOCATION: SIESTA BEACH PAVILION

ENTRY FEES:

Early Entries \$20.00

Late Entries & Race Day Registration [After April 1st] \$25.00

[Sanctioned Run - MTC Members \$18.00]



"Awards: Overall, Masters, Grand Masters, Senior Grand Masters, Veteran's Grand Masters, 5 year age groups (male and female). Awards will be six deep with medals to the first three and ribbons for 4th through 6th places" Drawing for Door Prizes!

Take the first step... REGISTER TODAY!

An estimated 26.2 percent of Americans ages 18 and older suffer from a diagnosable mental disorder in a given year. All proceeds will benefit individuals & families dealing with mental health issues.

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## REGISTRATION FORM

Please complete one form for each participant, mail and make checks payable to:

**TRIBUO**

c/o Connie Woodruff, 30 S. Palm Avenue, Sarasota, Florida 34236  
(941-928-8008) [linda.tribuo@hotmail.com](mailto:linda.tribuo@hotmail.com) <http://www.tribuoinc.org>

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Emergency Name & Phone: \_\_\_\_\_

e-mail: \_\_\_\_\_ Age: \_\_\_\_\_ MTC Member Yes \_\_\_\_\_ No \_\_\_\_\_

**T-shirt size, please circle one: Small Medium Large Ex-Large**

**Package Pick Up at "Fit 2 Run, 8123 Cooper Creek Blvd., University Park, FL 34201 (941) 358-5100" after April 14<sup>th</sup>-16<sup>th</sup> or at the beach day of race.**

**[Participants registering after April 1<sup>st</sup> are not guaranteed a T-Shirt]**

Disclaimer: I know that running a race is a potentially hazardous activity. I should not 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 run. I assume all risks associated with running in this event including and not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and conditions of the road or trail, or beach, all such risks being known and appreciated by me. By signing this form, I agree that for safety reasons, strollers, baby joggers, bicycles, skates, and animals are not permitted in this event. Having read the waiver and knowing these facts and considerations of your accepting my entry, I, for myself, and anyone entitled to act on my behalf waive and release Tribuo, Inc. and Manasota Track Club of America, their officers, agents and directors, the County of Sarasota, all sponsors and volunteers, their representatives and successors, including the Road Runners Club of America, its officers and directors, agents and employees from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. This is for runners and walkers only.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or Guardian if under 18 years old)

Printed Name: \_\_\_\_\_