



**Strawberry Distance Challenge
Strawberry Dash**

5K/10K Run/Walk or 1 Mile Dash

Feb 8, 2020
7:30 AM Start
Check in by 7:00 AM

5K pre-\$35 / \$40 day of
10K pre -\$40 / \$45 day of
1 Mile Dash pre-register
\$25 / \$30 day of

To register online or for more
info go to www.sdc5k.com

To register by mail fill out form and mail to:
Strawberry Distance Challenge
P.O. Box 5017
Plant City, FL. 33563

Make your check or money order payable to: **Strawberry Distance
Challenge**

Location:

Walden Lake Polo Fields 3035 Griffin Blvd, Plant City, FL 33566 // 813.719.0244

Race # _____ (official use only)

Must be postmarked by Monday, Feb 1, 2020. One form per participant (photo copies are accepted).

____ Check here if you are a wheelchair entry or will need any special assistance.

Name: _____ T-Shirt size: Youth: S M L
Adult: S M L XL XXL

Sex: M F Age on race day: _____ Birthdate ____/____/____ Phone: (____) _____ - _____

Address: _____ City: _____ State: _____

Zip: _____ Email: _____

Circle Race: 10K // 5K // 5K Ruck // 1 Mile Dash

Incomplete or unsigned forms will not be accepted. Numbers will be issued upon arrival.

Participant Waiver, please sign and read below.

I know that running in and volunteering to work at The Strawberry Distance Challenge /Strawberry Dash is potentially hazardous activities. I should not enter and run, walk and/or volunteer 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, walk and/or volunteer. I also agree that I may be examined and treated if necessary during the course of a race by qualified race personnel in the event medical problems of any cause arise. The race officials or the qualified personnel have the right to disqualify me and remove me from the race, if in their opinion, I may be suffering from a life threatening condition. I assume all risks associated with running in and volunteering for races 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 such risks being known and appreciated by me. Having read this waver and knowing these facts, and in consideration of your acceptance of my application for participation in races and/or my volunteering, I, for myself and anyone entitled to act on my behalf, waive and release the Strawberry Distance Challenge,/Walden Lake association and all above mentioned officers and agents, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in events even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also approve the use of my and/or dependent's picture taken before, during or after the races for promotional use without further compensation.

Signature: _____

Date: _____

Parent of Guardian, if under 18: _____