**REGISTRATION FORM - HERITAGE 5K RUN/WALK Saturday, April 29, 2023**

I understand that competing in a 5k is a potentially hazardous activity. I will not enter unless I am medically able and properly trained. I agree to abide by any decision of the race officials relative to my ability to safely compete in this event. I certify that I have completed the distance that I registered to compete in prior to completing the 5k/1mile. I, the undersigned, release and forever discharge the City of Valparaiso, the Heritage Museum of Northwest Florida and all agents, representatives and employees thereof, and their successors, from any and all claims and damage whatsoever which I, my heirs, their executors, and administrators have or may have against the City of Valparaiso, the Heritage Museum of Northwest Florida its agents, representatives, employees or volunteers by reason of damage or injuries, which may be incurred by myself while participating in this event. Registrations are non-refundable and non-transferable.

X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SIGNATURE OF ATHLETE (PARENT OR GUARDIAN IF MINOR)

FIRST NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ LAST NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MALE \_\_\_\_\_\_\_ FEMALE \_\_\_\_\_\_\_

ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

AGE: \_\_\_\_\_\_\_

EMAIL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EVENT: RUN\_\_\_ WALK\_\_\_

**PRE-REGISTER BEFORE APRIL 13, 2023, FOR A GUARANTEED 5K T-SHIRT.**

SHIRT SIZE: YM YL S M L XL 2XL 3XL (shirt guaranteed for **preregistered runners ONLY**)

5K Run/Walk Registration

\_\_\_\_$25 Museum member (Before 13 April)

\_\_\_\_ $30 Non-member registration (Before 13 April)

\_\_\_\_ $35 Regular registration (After 13 April)

Make checks payable to HMNWF and mailed to 115 Westview Avenue, Valparaiso, Florida 32580 or call to pay by credit card (850) 678-2615. 5K Walk/Run Start time: 8:00 a.m.

***Free liquid refreshments for adults in the museum's "Paradise Gardens" following the race.***