



1ST ANNUAL FALCON 5K

Run/Walk and Fun Run

A Community Event Sponsored by the Lewis School

When: May 18, 2019 at 8:00 AM

Where: Lewis School, 281 Miss. Ave. Valparaiso, FL.
Just outside east gate of Eglin AFB

Course: The course is flat and fast down Mississippi Ave to Grandview Ave. and then scenic Bayshore Dr. There will be a water station at the halfway point.

FUN RUN: A one-mile fun run/walk will start at approximately 8:45 AM. All ages may participate but awards will be presented for ages 0-13.

Awards: All awards will be presented at the school. Overall male/female, master male/female and grandmaster for the 5K Run. Awards will be presented to the top 3 in the following age groups: 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 +.

Walking winners include: overall male/female and the next top ten finishers.

Mile Awards: Top three in 0-6, 7-10 and 11-13.

Post-Race: The awards presentation will be held in the school cafeteria.

Entry Fees

5K runner/walker \$20.00 Race day 5K entry \$25.00

Students: 5K or Fun Run \$10.00 (\$5.00 for run without shirt)

Race day registration from 6:30-7:45 AM.

NWFTC Members will receive a \$2.00 discount for the 5K.

T-shirt presented to the first 100 entries. Early registration improves chances of correct size.

You may register on line at www.active.com or pay online at the Lewis School website, through May 12, 2019

For more information or questions about the race, please contact Liz Berry at (850) 833-4130 or e-mail Elizabeth.Berry@Okaloosaschools.com .

APPLICATION Make checks payable to: **Lewis School**

Mail to: Liz Berry 281 Mississippi Ave Valparaiso, FL 32580

Event: 5K Run ___ 5K Walk ___ Fun Run ___ Fun Run (no shirt) ___ Birthday ___/___/___

First Name _____ Last Name _____ Shirt Size YL S M L XL XXL

Address _____ Sex Male ___ Female ___ Age _____

I know competing in a 5K is a potential hazardous activity. I should not enter unless I'm medically able and properly trained. I agree to abide by any decisions of the race officials relative to my ability to safely compete in this event. I, the undersigned, release and forever discharge the city of Valparaiso, the Northwest Florida Track Club, Lewis School 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, Lewis School and the NWFTC, its agents, representatives or employees by reason of damage or injuries which may be incurred by myself while participating in the activities sponsored by the 5k/mile run.

Signature of Athlete (Parent or Guardian if minor) _____ Date _____