

LONG RUN AT THE RANCH 2015

Benefiting Wiregrass Ranch High School & Dr. John Long Middle School Athletics

5K Run & 1 Mile Family Run or Walk! - Chip Timed!

Time & Date: Saturday - March 7, 2015 (5K starts at 8:30 AM) (Fun Run starts at 9:15 AM)

Place: Dr. John Long Middle School Wesley Chapel, FL

Registration: 5K Adults: \$25.00 Received Before 2/18/15; after or Race Day \$30.00
5K Students 18 & under: \$15.00 Received Before 2/18/15; after or Race Day \$20.00
1 Mile Fun Run: Adults \$20.00 / Students \$15.00
Register On-Line at www.active.com or mail in entry form.
Website: Visit our website at www.longrunattheranch.org for additional entry forms
RACE DAY REGISTRATION: 7:00 AM to 8:15 AM
5K Registration Promptly Ends at 8:15 AM

Pre-Race Packet Pick-Up Fitniche @ Shops at Wiregrass - 28139 Paseo Dr. Wesley Chapel, FL 33559
Date: Friday - March 6, 2015 3:30 PM to 7:30 PM

T-Shirts: T-Shirts ONLY to the first 200 registrants, must be present on race day to receive shirt
After 2/18/15 participants will receive a t-shirt while supplies last

Awards: 5K: Top overall Male & Female Trophies
Top three in the following male & female age divisions:
14 & Under 15-19 20-29 30-39 40-49 50-59 60 & Over Inner & Do
Trophies for the overall 5K WRHS/JLMS/SPES/DBES/SOES staff member winner. Male & Female
Participation Awards for all youth mile finishers, 1 mile is a fun run and not officially timed/scored

Amenities: After race prizes & giveaways, fruit, bagels, juice and water.

MAKE CHECK PAYABLE TO: WIREGRASS RANCH ATHLETIC BOOSTER CLUB

MAIL TO: 1317 Costa Mesa Dr. WESLEY CHAPEL, FL 33543

Please print and complete entire form / one person per entry form.

Name: _____ Grade Level: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

Pasco School Board Employees: (circle one): WRHS JLMS SPES DBES 7 OAKS

T-Shirt Size (circle one) YM SM M L XL XXL

Age on Race Day: _____ Sex: _____ Circle Event 5K 1-Mile

Amount Paid: (Circle One) \$25.00 \$20.00 \$15.00 \$30.00 (after 2/11/15)

Paid By: (circle one) CASH CHECK

Waiver: By signature, I attest that I am physically fit and sufficiently trained to participate in this event. I have full knowledge of the risks involved. I further acknowledge that the race course contains uneven surface conditions, potholes and curbs, which may create a risk. I further acknowledge that the race is on public roads and that vehicular traffic maybe encountered, and I accept these risks. Therefore, in consideration of the acceptance of my entry, I for myself, my heirs, my executors and administrators waive any and all rights and claims for damages I may have against the Wiregrass High School; Dr. John Long Middle School; District Board of Trustees, Pasco-Hernando Community College, and all their entities: their assigns, executors, successors, employees, agents, and officers; race sponsors and any individual associated with this event and hold them harmless for any and all injuries I may suffer in conjunction with this event. I have read and understand this liability release.

Signature of Participant: _____ Date: _____

Parent or guardian if under 18 years of age _____

