



*Proceeds benefit  
Council on Aging of West Florida*

# RAT RACE 5K

**Saturday, September 16, 2017**  
**8:30 am in Downtown Pensacola**  
Start & Finish at William Bartram Memorial Park

The Rat Race 5K is made possible by Pensacola Runners Association, the Fish House, Anytime Fitness, Aylstock Witkin Kreis & Overholtz, Pensacola Sports, Ideaworks, John B. Clark, Home Instead Senior Care, Jim and Ann Neal, Florida's Top Properties, Avalon A/C and Heating, McDonald Fleming and Moorhead, Tastee Freez, Winn Dixie, and Bagelheads

## Race Day Schedule

**Friday, September 15, 2017**

- ◆ 12:00-3:00 pm Packet Pick Up at Anytime Fitness
- ◆ Located at 100 South Alcaniz Street  
Pensacola, FL 32502

**Saturday, September 16, 2017**

- ◆ Registration and Packet Pick Up 7:15-8:15 am at William Bartram Memorial Park
- ◆ 8:30 am Rat Race 5K starts
- ◆ 9:00 am After Party and awards celebration begins at the Fish House

## 5K Course



**Online registration ends Wednesday, September 13, 2017 at midnight**

**Make checks payable/mail to:  
Council on Aging of West Florida  
P.O. Box 17066, Pensacola, FL 32522**

**REGISTER ONLINE AT [RATPACKREUNION.COM](http://RATPACKREUNION.COM)**

**BIB NUMBER** \_\_\_\_\_

Please print neatly:

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

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

Address: \_\_\_\_\_

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

Gender: ( ) Male ( ) Female

Email: \_\_\_\_\_

Primary Phone: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Fees: ( ) \$30 5K Run/Walk

( ) \$25 Military and Seniors

( ) \$25 PRA Members

Additional donation to COA: \$ \_\_\_\_\_

T-Shirt Size: ( ) S ( ) M ( ) L ( ) XL ( ) 2XL ( ) 3XL

*In Person: By race start on September 16, 2017*

*Online: By midnight on September 13, 2017*

Waiver and Release

Standard Waiver (must be signed by all participants). I know that participating in a road race is a potentially hazardous activity which could cause injury or death. I should not enter and participate unless I am medically able, and by my signature I certify that I am medically able to participate in this event and am in good health. I agree by any decision of the program coordinators relative to any aspect of my participation of this event and program, including the right of any coordinator to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, included but not limited to falls, contact with other participants, the effects of the weather (including cold, heat, and humidity), traffic and the conditions of the road all such risks being knowing and appreciated by me. Having read this waiver and knowing these facts and in consideration for your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Council on Aging and its employees, any city, county, state and national government entity responsible for areas used in conjunction with this event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. Further, I grant my permission to all the forgoing to use my name and images of myself in any photographs, motion pictures, results, publication or any other print, video graphic or electronic record of this event for legitimate purposes. By submitting this form, you are agreeing to have read the above release and understand that you are entering the 2017 Rat Race 5K at your own risk.

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

(Parent or Guardian's Signature if participant is under 18)