



'Fort to Fort' 5K

Family Walk & Fun Run

Saturday, April 2, 2011
 8:30 a.m.
 Old Town Fernandina



Run/walk parking at the entrance to Old Town,
 North 14th St. & White St.
 Walk to site, Fort San Carlos Plaza

Kick off the Old Town Bicentennial with a 5K walk or run! In keeping with the celebration, the course will be "fort-to-fort" — starting at the site of Fort San Carlos in Old Town, to Fort Clinch and back.

This is an untimed fun run, with no race results or awards, but a clock will be posted at the finish line. Registration is \$15, and you get an official Bicentennial T-shirt,

plus refreshments at the finish.

If you register in advance, you may pick up your t-shirt and bib number at Current Running, 815 S. 8th St., on Friday, April 1 from 10 a.m. to 6 p.m. You may register on event day from 7:30 to 8:15 a.m. at the start/finish site, at Fort San Carlos Plaza.

For more info, please visit AmeliaIslandRunners.com.

Drop off entries at:	Current Running 815 S. 8th St. Fernandina Beach, FL 32034 (904) 432-8259	Mail entries to:	Amelia Island Runners P.O. Box 15322, Fernandina Beach, FL 32035 Questions? Please call (904) 277-8365
Make checks payable to:	Amelia Island Runners		
Please Print: Name _____			
Address _____		T-shirt (circle): S M L XL Youth S Youth M	
City _____		State _____ Zip _____	
Home phone _____		E-Mail _____	
<small>Waiver: BY MY SIGNATURE I ACKNOWLEDGE THAT: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the course. I assume all risks associated with participating in this event including but not limited to: Slip/trip/fall, contact with other participants, weather conditions, including high heat and/or humidity, traffic and the conditions of the road and off-road course, all such risks being known and appreciated by me. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of Amelia Island Runners, Inc. (AIR), Road Runners Club of America (RRCA), the city of Fernandina Beach, county of Nassau, state of Florida, Old Town Bicentennial Steering Committee, Fernandina Old Town Dinghy Club, Inc., and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of carelessness or negligence by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life-threatening condition. I further grant to Releasees the right to use any and all photographs, images, or accounts of this event in any matter they feel appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant, or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants.</small>			
I have read and understand the above release. I agree with all of the terms of the release and I certify that I am over the age of 18 or have parent/guardian signature below.			
Participant Signature: _____		Date _____	
I certify that I am the parent or guardian of the above named participant. I agree with and expressly adopt all of the terms of this release.			
Parent/Guardian Signature: _____		Date _____	