Turtle Trot 5K Run/Walk

All-beach route!

Saturday, August 31, 2013, 8:30 a.m. Start
Main Beach Park, Atlantic Avenue at the Beach
Fernandina Beach, Florida

The race starts and ends on the beach just south of Main Beach with an out-and-back course, going south at the start. Walkers are welcomed! Please don't walk/run on the sand dunes; enjoy viewing the sea turtle nests along the route, but please don't disturb them! *No refunds, duplicate awards or walk awards.* ***Start Times*: *5K Race – 8:30 a.m.; Half- and 1-mile Kids' Fun Runs – 9:30 a.m.***

Pre-Registration and Registration Times:
Pre-Registration thru 8/29/2013: Drop-off/Mail-In until 5:00 p.m.; On-line registration at Active.com until midnight.
Race Day, 7:15 – 8:15 a.m. only, Main Beach Park.

Fees for 5K:
$20.00 per person/$15.00 for AIR/Strider Club Members
all Registrations Thru 8/21/2013.
8/22/2013 thru Race Day - **$25.00 all runners**
(No discounts for Active.com on-line registrations.)

Fees:
Kids' Fun Runs - $10 (Ages 12 and under)
Parents are encouraged to run with kids (free); complete separate form.
Pre-registered kids' runners get a T-shirt.
All finishers get a ribbon!

Race Packet Pick-Up:
Pre-registered runners – Friday, August 30, 2013, Current Running from 10 a.m. to 6 p.m.
Race day starting at 7:15 a.m., Main Beach Park

5K Runners:

- Cotton T-shirts featuring original sea turtle artwork by Sandra Baker-Hinton guaranteed to first 600 pre-registered 5K runners/walkers and kids. See shirts at Current Running for sizing. No size exchanging at packet pick-up. ***Shirts may not be available for race day registrations.***
- Coffee mugs for first 600 finishers! (Race bib required.) Door prizes (save your bib number)!
- Backpacks for awards!
- Disposable Timing Chips for 5K. **Pre-registration required for personal timing chip use.**
- Proceeds benefit AI Sea Turtle Watch, Friends of Ft. Clinch sea turtle patrols, and Amelia Island Runners Youth Running Program.
- **5K AWARDS: Male and Female** Overall, Masters (40+) and Grandmasters (50+) **Three-deep group awards**: 3-10, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+
- **No Headphones, animals, bicycles or strollers on the course. Free Parking at Main Beach Park.**

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 (770) 655-0865
www.AmeliaIslandRunners.com

Make checks payable to: Amelia Island Runners **Discount $2.00 personal timing chip if registered by 8/28/13** **Chip #** _____

Please Print: Name _____ **Age on race day for Male** _____ **Female** _____

Address_____ **T-shirt: (circle)** S M L XL XXL Youth S Youth M

City _____ **State** _____ **Zip**_____ **Distance:** 5K___

Home phone _____ **E-Mail**_____ **Kids' fun run:** 1/2 mile__ 1 mile__

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 race 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 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), 1st Place Sports, the city of Fernandina Beach, county of Nassau, state of Florida 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.

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**_____