



VIKING CHEERLEADERS

Viking 5K Run/Walk

Fort Walton Beach High School
Saturday September 27, 8:00AM

Sponsored by



Entry Fee: Early Registration up to Sept 26 - \$25; Race Day Registration - \$30

Registration :

Please make checks payable to Fort Walton Beach High School Cheer. You may drop off registration form and payment at FWBHS or mail to FWBHS, Attention: Rachel Pritchard 400 Hollywood Blvd. Fort Walton Beach, Florida 32548

Race Day Registration: 7:00AM to 7:45AM Race starts at 8:00AM

T-Shirts: First 200 registrants receive a free T-Shirt on race day

Course: Flat, fast 5K course around Fort Walton Beach High School. Meeting at the track on the side of the school on Wright Parkway. Post race food & drinks will be provided.

Age Divisions & Awards: Open Competition

1st, 2nd, 3rd place for all age divisions

Male & Female

Age Divisions for Awards

0-5

6-8

9-11

12-15

16-19

20-29

30-39

40-49

50-59

60+

Race Application

5K Runner _____ 5K Walker _____ Birthday _____

First Name _____ Last _____

Name _____

Shirt Size _____ Men's/Women's

Address _____

Email _____ Circle or Male/Female Age _____

Recreational Walkers are encouraged to participate – please do not run. If you intend to walk and run please register as an open runner.

I know that competing in a 5k is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decisions of the race officials relative to my ability. I, the undersigned, release and forever discharge the city of Fort Walton Beach, Fort Walton Beach High School and all its agents and representatives and employees thereof, and their successors, from any and all claims and damage whatsoever which I, my heirs and their executor and administrators have or may have against the said above and its representatives or employees, by reason of damage or injury which may be incurred by myself while participating in the activities sponsored by the 5k run/walk.

Signature of Athlete (Parent/Guardian if Minor) _____ Date _____