



2nd Annual Alex's Capes & Tiaras 5k

Saturday, August 19th, 2017 at 8:00am

Riverview Club in St. Augustine Shores
790 Christina Drive, St. Augustine, FL 32086

All proceeds to benefit NMD United and the Alex Landis Difference Maker Scholarship

schedule of events

Pre-Race Packet Pick Up/Registration:
Friday, Aug 18, 2017, 4 - 6:30 PM at Pedro Menendez
High School, 600 Fl 206, St. Augustine, Fl. 32086
Race Day Registration: Saturday, August 19, 2017,
6:30-7:45 AM at the Riverview Club
Pre race warm up by Funky Town Fitness 7:30 am race day
Race Start: Saturday, August 19, 2017, 8:00 AM

course

Runners, walkers and wheelchair roller's are welcome
as we start this event at the Riverview Club and run
from Christina Drive, down Shore Blvd and back.
There will be water stations at the start, 1 mile, 2 mile,
and finish. Digital time clocks will be viewable at
the 1 mile, 2 mile, and finish.
5K USATF Certified Course # FL10015EBM

awards

Overall Male and Female finishers and the top three
runners in the following age groups: 9 and under, 10-14,
15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and older.



registration

- * Entry Fee before 6/30/2017 = \$25
- * Entry Fee from 7/1/17 to 8/18/2017= \$30
- * Race Day Entry Fee = \$35
(cash/check only and no shirt guarantee)
- * **Register Online** at: www.RaceSmith.com
- * **Register by Mail:** print and mail payment to;
Alex Landis Difference Maker Foundation, Inc.
254 Deerfield Glen Dr., St. Augustine, Fl 32086
- * **VIRTUAL RACE:** Join us where you are. Register and we
will mail you a number and shirt and you can run with us!!!



Alex Landis made a difference.
She may have lived from a wheelchair but she showed us what it
means to move through life with
purpose and passion. Never one to
shy away from **glitter and glitz**
we are honoring Alex with our second annual
memorial 5k, so bring your capes and tiaras
and run for fun...or for a good TIME!



2017 alex's capes & tiaras registration form

Name: _____ Sex: **M** **F** Age on Race Day: _____ Date of Birth: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Email: _____ Phone: _____
 T-Shirt Size: **Women's XS S M L XL Men's S M L XL Kid's S M L** **check for VIRTUAL RACER - receive mailed shirt & number**

WAIVER

I, the undersigned individual, desire to participate in the Alex's Capes & Tiaras 5K, August 19, 2017. I hereby agree to RELEASE and HOLD HARMLESS Alex Landis Difference Maker Foundation, Inc. and the Officers, Directors, Agents and Employees of Alex Landis Difference Maker Foundation, Inc., from and against any and all rights, actions, causes of actions, suits, losses, damages, judgments, claims, claims of liabilities, cost and expenses of any kind as well as attorney's fees and court costs at trial and on appeal, of whatsoever kind or nature, to which Alex Landis Difference Maker Foundation, Inc., may be subjected to as a result of any death, personal injury or damage to property arising in any manner from my direct or indirect participation in the Alex's Capes & Tiaras 5K.

RELEASE: I FURTHER AGREE THAT THIS HOLD HARMLESS AGREEMENT SHALL APPLY IN THE EVENT I AM DISABLED, INJURED, OR INCUR DISEASE OF A TEMPORARY OR PERMANENT NATURE WHILE PARTICIPATING IN, OR DIE AS A RESULT OF PARTICIPATING IN THIS ACTIVITY, REGARDLESS OF THE CAUSE. I HEREBY RELEASE THE RACESMITH, INC. FROM ALL LIABILITY WHILE PARTICIPATING IN THIS ACTIVITY. This agreement shall be binding upon my heirs, my personal representatives, assigns and me and shall be governed by the laws of the State of Florida. I have executed this Hold Harmless and Release with full knowledge of its terms and the consequences of my signing and executing the same. I do so freely and voluntarily without compulsion of any kind or nature.

I grant permission for this event's organizers to take pictures of me during this event and agree for this event to use any photos of me that may be taken during my participation. By providing my email address, I also grant permission to the race organizers to communicate with me via electronic mail. I understand that bicycles, skateboards, roller skates or blades, animals and radio headsets are not allowed in the race. I also understand that in the event that this race has to be cancelled or postponed, for any reason beyond the control of race management, my entry fee will not be refunded. By my signature, I attest that I am physically fit and well trained to participate in the Alex's Capes & Tiaras 5K, August 19, 2017.

Name: _____ Signature: _____ Date: _____
(Parent or guardian name and signature is required if participant is under 18 years of age)

Emergency Contact: _____ Emergency Phone: _____

FOR MORE INFORMATION: Karen Landis alexscapesandtias@gmail.com 904.814.6668