



# 4th Annual Alex's Capes & Tiaras 5k

Saturday, August 17th, 2019 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 16, 2018, 4 - 6:30 PM at Funkytown Fitness  
105 South Park Blvd. St. Augustine, FL 32086

**Race Day Registration:** Saturday, August 17, 2019  
6:30-7:45 AM at the Riverview Club

**Pre Race Warm up by Funky Town Fitness:** 7:30 am

**Race Start:** Saturday, August 17, 2019, 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 6/30/2019 = \$25

\* Entry Fee from 7/1/2019 to 8/16/2019 = \$30

\* Race Day Entry Fee = \$35

(cash/check only and no shirt guarantee)

\* **Register Online** at: [www.RaceSmith.com](http://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 4th annual memorial 5k, so bring your capes and tiaras and run for fun...or for a good TIME!



## 2019 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 S M L XL 2XL Men's S M L XL 2XL 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 17, 2019. 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 17, 2019.

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 [alexscapesandtiaras@gmail.com](mailto:alexscapesandtiaras@gmail.com) 904.814.6668