

Race Course:

7:30am start at the Castillo de San Marcos, over the Bridge of Lions, through Davis Shores and ends at Oglethorpe Park.

Free Parking: at the Castillo, the Park or in the Davis Shores neighborhood

Water stations: at start, finish and 1 & 2 mile marks

Time clocks: at 1mile, 2 mile and finish

Finish: Oglethorpe Park

awards, snacks, water at finish

Awards: \$100 top male, top female

T-Shirts



Runners take your mark for:
The 5th Annual
Louis Argitis jr. Foundation

Bridge of Lions 5K
Saturday, July 17, 2010
7:30 a.m.

Bridge of Lions 5k

Registration \$20:

*active.com

*registration form –

mail or bring to packet pickup 7/16

Packet pickup July 16

St. Augustine Record 4-7 pm

*\$25 day of race – July 17

6:00-7:00am at Fort

Castillo de San Marcos

For more information:

904-794-5702

Register by July 1

To guarantee a t-shirt

Bridge of Lions 5K Official Entry Form

Name _____ Official Use Only
Race# _____
Address _____ Amount _____
City/State/Zip _____

Email _____

Sex M F Age on Race day: _____ Phone# _____

Shirt size S M L XL XXL

I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Organizers of this event and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver.

X

Please sign here (Parent must sign if participant is under 18 years of age) _____ Date signed _____

Please complete and mail with \$20 entry fee to:
Louis Argitis jr. Foundation
112 Tinto Way
St. Augustine, FL 32086