



Half Marathon & 5k

Saturday, January 18, 2020 - 3:00 PM

**Coventry Oaks Farm
104 Springside Cutoff Road
Palatka, Florida 32177**

To Benefit:



COURSES

Both the Half Marathon and 5K are out and back courses along the new, beautiful, paved and shaded Palatka-to-Lake Butler State Trail. Water stops will be available throughout the course. The open course time limit is 3 1/2 hours. Sunset is at 5:52 PM and the course will close with last light at 6:30 PM. USATF certification pending for both distances.

SCHEDULE OF EVENTS

- Race day packet pick up / registration: Saturday, January 18 from 1 - 3 PM
- Half Marathon start - 3:00 PM
- 5K start - 3:30 PM

AWARDS AND AMENITIES

Awards will be given for both the Half Marathon and 5K. Overall Male and Female finishers and the top overall runners in the following age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and older.

Amenities will include: T-shirt, finisher's medal, and post-race meal of 1/4 BBQ chicken/sides/drink. Availability and size of shirts are only guaranteed to those who register by December 31, 2019.

REGISTRATION

- Half Marathon entry fee before December 31 = \$50
- Half Marathon entry fee from January 1 - 17 = \$55
- Half Marathon entry fee on race day = \$60 (cash/check only)
- 5K entry fee before December 31 = \$25
- 5K entry fee from January 1 - 17 = \$30
- 5K entry fee on race day = \$35 (cash/check only)
- Meal only = \$8

- Register online at: www.RaceSmith.com

or

- Make payment out to: A Women's Resource Center
PO Box 811
Palatka, FL 32178

In the event of inclement weather, emergency or a natural disaster, AWRC and RaceSmith reserve the right to cancel or postpone the race. In the event of cancellation or postponement, there will be no refunds.

FOR MORE INFORMATION

Web: www.RaceSmith.com/races/LifeRun.html
Email: LifeHalfMarathon@gmail.com

Life Half Marathon and 5K - January 18, 2020 - Palatka, FL

Name: _____ Sex: M F Age on Race Day: _____ Date of Birth: _____
(circle one)

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

T-Shirt (Unisex Size): Youth Small Medium Large X-Large XX-Large Event: Half Marathon 5K
(circle one) (circle one)

WAIVER

I, the undersigned individual, desire to participate in the Life Half Marathon and 5K on January 18, 2020. I hereby agree to RELEASE and HOLD HARMLESS A Women's Resource Center, RaceSmith, Inc. and the Officers, Directors, Agents and Employees of A Women's Resource Center and RaceSmith, 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 A Women's Resource Center and RaceSmith, 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 Life Half Marathon and 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 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, baby joggers, 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 Life Half Marathon and 5K Run on January 18, 2020.

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

Emergency Contact: _____ Emergency Phone: _____