RACE FOR A POSITIVE STEP

Presented by A Positive Step of Monroe County Inc. *and in co-operation with* Southernmost Runners Club and WeBeFit.com

5K Family Fun Run/Walk

SATURDAY, DECEMBER 27th, 2008 AT 8:00 A.M.

Distance: 5K (3.1 mi.) Start/Finish at Higgs Beach, Atlantic & White

Entry Fee: $20 pre-registered (Postmarked by 12/21), $25 race day. Kids run free!

All proceeds & donations benefit APSMC helping kids in Monroe County get to a better place.

STAY HYDRATED! Water station will be located on the course.

First 150 people registered receive goodie bag and t-shirt.

Packet pick-up will be at the race start line (Higgs), Friday, Dec. 26, 4 – 6 p.m.
Race day check-in, packet pick-up & registration 7:00 a.m.
Awards, Live Band, Refreshments (Beer & Sports Drinks) Raffle Prizes and 50/50 will follow race at 9:30 a.m.
Awards: Overall M/F 1st & 2nd, M/F 15-19, M/F 14 & under, M/F in 10 Year age groups and Walk M/F 1st and 2nd

----------KEEP TOP PORTION----------

Please Check:

___$20.00 pre-register ___$25.00 day of race ___***FREE*** Kids Race

Additional Donation: $_____ **CIRCLE:** **RUN** **WALK**

FIRST NAME LAST NAME

ADDRESS AGE M F

CITY STATE ZIP

Date of birth:
MO DAY YEAR AREA CODE PHONE #

EMAIL ADDRESS T-SHIRT SIZE S M L XL

Total $_____Check enclosed (Make check payable to APSMC Inc.) Total $_____Please charge my credit card: VISA MC AE

Credit card #_____Exp_____

I know that running/walking are potentially dangerous activities. I should not enter the run/walk unless I am medically able & properly trained. I agree to abide by the decision by the race officials to my ability to safely complete the run/walk. In consideration of being accepted, I hereby assume all the risks arising out of this event and release and hold harmless the sponsors, officials, volunteers, administrators, and all other persons associated with APSMC Inc. including Key West Southernmost Runners Inc., WeBeFit.com, County of Monroe & City of Key West from any and all liability claims or causes of action of every kind and nature arising out of or relating to my participation in this event. I authorize officials of the run/walk to use their discretion to have me transported to a medical facility and take full responsibility of action. I grant full permission to any and all of the foregoing to use any photography tapes, motion pictures, recording or any other record of this event for any purpose. I further understand that my entry fee is non-refundable. Bikes, strollers, baby joggers, skates, skateboards, roller blades and headsets are prohibited on the course during the run. NO ONE may enter this race without signing this official waiver.

_____ _____ _____

SIGNATURE OF ENTRANT SIGNATURE OF PARENT/GUARDIAN (under 18) DATE

Registration may be mailed to: APSMC Inc. 422 Fleming Street, Key West, FL 33040

For More Information Call: 305-896-4677

www.WeBeFit.com www.SouthernMostRunners.com