



#CANYOUBEATTHEHEAT

Presented by:



HOWELL & THORNHILL "We got this"



When:

Saturday - July 8, August 12 RACES START PROMPTLY AT 7:00 am

Individual Entry Fee:

Individual Races: \$15.00 each

Registration:

Online Registration: www.localraces.com

Race Day Registration: 5:45-6:45 am

~ ONLINE REGISTRATION CLOSES ~

Tuesday before race day at 11:59 pm

Mailed-in Entries must be postmarked by:

July 8th Race - June 30, 2017

August 12th Race - June 4, 2017

Race number pick up:

Friday night before race day - FITniche at Lakeside Village - 4:00-8:00 pm.

Race day pick up: starting line - 5:45-6:45 am.

\*\*\*Registrations are transferable. To transfer a registration to another runner, contact the race director to complete this process. No transfers after online registration closes.\*\*\*

\*\*\*REGISTRATIONS ARE NOT REFUNDABLE\*\*\*

Where:

Beautiful Lake Hollingsworth 929 Lake Hollingsworth Drive Lakeland FL

Series Awards:

There will be no single race entry awards. Participants must register for and run the entire series to be eligible for overall and age group awards.

Additional Information:

Visit www.lakelandrunnersclub.org or e-mail your race directors, Angi Griffin and Lynn King, for information regarding awards, volunteer opportunities, and more at:

watermelon5kseries@gmail.com

Connect with us on Facebook at:

Watermelon 5k Series



Foot and Ankle Associates



FOUNDATION



DR. STEVEN LOUIS DE TIRREY, D.O.



WATSON CLINIC



2017 WATERMELON 5K - INDIVIDUAL RACE ENTRY FORM

Single-race entrant \$15 each: July 8  Aug. 12

Make checks payable to LRC & mail to: LRC-Watermelon, PO Box 1484, Lakeland, FL 33802

NAME: \_\_\_\_\_ DOB: \_\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_ SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP CODE: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

Waiver: I hereby, for myself, my heirs, my assigns, my executor and administrators, waive and release all claims I may have against the Lakeland Runners Club, Inc., City of Lakeland, all sponsors, volunteers, officials and organizers of this event. I attest and verify that I am physically fit and sufficiently trained for the competition of this event. I have read the foregoing and certify my agreement by my signature below. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for legitimate purpose. Parent signature required if participant is under 18.

SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

