



**Saturday, July 21, 2018**  
**10K 7am, 5K 7:15am, 2mile 7:30am**



Across from Long Doggers, Indialantic Shopping Center  
 877 Hwy A1A #890, Indialantic, FL 32903  
 Dig your toes into the sand and run, walk or stroll as you appreciate and support our unique coastline. An out and back course on the beach, water station at the halfway mark and T-shirts guaranteed if registered by July 3<sup>rd</sup>.

<b>Registration - 2 mile</b> <input type="checkbox"/> <b>\$15</b> <b>5K</b> <input type="checkbox"/> <b>\$25</b> <b>10K</b> <input type="checkbox"/> <b>\$35</b>	<b>Race Day Registration - 2 mile</b> <input type="checkbox"/> <b>\$25</b> <b>5K</b> <input type="checkbox"/> <b>\$35</b> <b>10K</b> <input type="checkbox"/> <b>\$45</b>
<b>Commemorative Medal</b> <input type="checkbox"/> <b>\$10</b>	
<b>Checks made payable to: Up &amp; Running Fitness</b> <b>800 Poinsetta Drive # 5, Satellite Beach, FL 32937</b>	

Early Packet Pickup: Fri 7/20/18 4:30-6:30pm CrossFit Rise Above, 1054 Cypress Ave, Melbourne FL 32935

Name:		T-shirt (circle): XS S M L XL XXL	
Address:			
City:	Zip:	State:	
Phone:	Email:		
Date of Birth:	Age on Race Day:	Male Female (circle)	
<p>In consideration of my being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executives, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers and supporters of this race an any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Run the Tide 5k, 10K and 2 Mile event. If I should suffer injury or illness I authorize the officials of the event to use their discretion to have me transported to a medical facility and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videos, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury. Knowing this I am entering this race at my own risk.</p>			
Signature:			
Signature of Parent if under 18:			Date: