

DATE and LOCATION: Saturday August 14th at 7:00 AM., on the University of West Florida Campus, beginning and ending at the UWF Track/Soccer complex, located on Campus drive, near the campus entrance from N. Davis Hwy and Nine Mile Road. The course is half road and half trail

Pre-registration can be completed at the UWF Athletic Office (Building 54) or at Running Wild (3012 E. Cervantes St, Pensacola, Fla. 32503). Entry blanks may also be mailed with check to UWF Cross Country, Building 54 (Athletics), University of West Florida, 11000 University Parkway, Pensacola, Fla. 32514

COURSE DESCRIPTION: This course will start and finish at the University of West Florida Track on Campus Drive. This beautiful course consists of running the first half of the race on the roads that surround the campus and the back half of the race through the cross country trails; returning back to the Track for an Olympic style finish.

Aid Station: 1.5 mile mark (1 mile and 2 mile splits will be given)

AWARDS: Overall Male and Female and top Masters Male and Female; Plus top 3 Male and Female in the following Age Groups:

10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 & Over

SCHEDULE OF EVENTS:

6:00 A.M. – Registration
7:00 A.M. – 5k Run
8:15 A.M – Award Ceremony



ENTRY FEE: Pre-Registration is \$15, if received by August 11th
Race Day Registration is \$20 (Proceeds will benefit the UWF Cross Country Team)

ALL FIELDS REQUIRED. INCOMPLETE FORMS MAY DEEM YOU INELIGIBLE FOR AWARDS

Last Name _____ First Name _____ Age on Race Day _____
Male ___ Female ___ Date of Birth ___/___/___ Email Address _____
Address _____ City _____ State _____ Zip Code _____

T-Shirt Size: Men's – SM – M – L – XL Women's – SM – M – L – XL

Packet Pick-up: Packet Pickup will be on August 13th from 4:00-7:00 PM, and August 14th from 6-6:45 AM (August 13th at Running Wild, August 14th at Race start)

I know that running a road race is a potentially hazardous activity and I should not enter or run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with this event but not limited to fall, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and other conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing those facts and in consideration of your accepting my entry, I, myself and anyone else entitled to act on my behalf, waive and release the University of West Florida and all sponsors, their representatives and successors from all claims in liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion picture recordings or any other record of this event for any legitimate purpose

Signature of Applicant _____ Date _____
Signature of Parent or Guardian (required if entrant is under 18) _____

Make checks payable to: UWF
Mail application and fees to: UWF Cross Country, 11000 University Parkway, Pensacola, Fla. 32514
Contact Race Director Chris Hough or Coach John Bergen at (850) 474-2141