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# *Fred Walker Memorial Jingle Bells 5K*

*A Coast Cares Foundation Event*

*Saturday, December 5, 2020*

*8 a.m. @ Long Beach Town Green*

*Jeff Davis Avenue*

8 a.m. start time ----- **NO RACE DAY REGISTRATION, MAX 100 PARTICIPANTS, and SUBJECT TO CHANGE**

Timing provided by GCRC --- age group awards & overall awards --- t-shirts --- 1 mile fun run---costume contest

**MASKS REQUIRED PRE AND POST RACE, GOVERNOR'S ORDERS WILL BE FOLLOWED**

*Proceeds Support the Long Beach High School Scholarship Funds*

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Race day age \_\_\_\_\_ Circle one – Male Female

Circle One: runner walker

Circle One Shirt Size:

\$25 – adult 18 and over, pre-registered only

Adult – S M L XL XXL

Child – S M L

\$15 – child/student under 18

**\*\*Shirts and requested sizes not guaranteed**

Mail form to: PO Box 1352, Long Beach, MS 39560

**if registering after November 20<sup>th</sup>.**

Register online using Race Roster at the Gulf Coast Running Club website

Email Lisa @ [mrslionfish@hotmail.com](mailto:mrslionfish@hotmail.com) for additional information

I know that running [volunteering for] a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Jingle Bells 5k, the city of Long Beach, Coast Cares Foundation, Gulf Coast Running Club, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Parent or custodian must sign for minor under age 18)