Capital City Kiwanis Club
31st Firecracker 5K Race

Awards: Top 3 M/F Overall,
Masters M/F, &
Age Group

$20 Registration *with T-Shirt* (prior to July 3rd)
$15 Registration *without T-Shirt* (prior to July 3rd)
$23 Race Day Registration

On-Site Registration begins
at 6:30 a.m.
Race begins at 7:30 a.m.

Register at www.Active.com
Online registration ends July 1st

Pre-Registration & Packet Pick-Up will be held at
Tallahassee State Bank— North Monroe
601 N. Monroe Street
Tallahassee, Florida 32301:
Tuesday, July 2nd 4:30-6:30pm &
Wednesday, July 3rd 12noon-2pm

Please send registrations and make all
checks payable to:
Capital City Kiwanis Club, c/o Joe Sanders, CPA
P.O. Box 4144, Tallahassee, FL 32315
Mail-in registration not accepted after June 27th.

Capital City Kiwanis Club

Supports a range of community services for children and their families including Southern Scholarship Foundation, Miracle Sports, Key Clubs, Builders Clubs, KKIDS Clubs, Action Clubs, ECHO Feed the Hungry, Ability 1st Ramp Builds, Elder Care Services Meals on Wheels and more.

For more information visit us at
***www.CapitalCityKiwanisClub.org/5k* or**
Call us at (850) 567-1705 (Jim Wylie)

Thursday, July 4, 2013, 7:30a.m.
Elinor Klapp-Phipps Park Course

Name:	**Age on July 4, 2013:**
Address:	**Sex** (circle one): **Male** **Female**
City:	**Race Type** (circle one): **5K** **1-Mile**
State / Zip:	**T-Shirt Option** (circle one): **Yes** or **No**
Phone:	**T-Shirt Size** (circle one): **S M L XL**
E-mail:	

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able, physically fit and properly trained. I assume any and all risks associated with this event including but not limited to falls, contact with other participants, effects of weather, including high heat and/or humidity, and traffic and the conditions of the roads, all such risks being known and acknowledged by me. I agree to abide by all the decisions of the race officials relative to my ability to safely complete the run. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. Knowing these facts and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge all Capital City Kiwanis Club officials, volunteers and all sponsors including their agents, employees, assigns, or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the persons named in this waiver. The Release and Waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants full permission to Capital City Kiwanis Club and/or agents authorized by them to use any photograph, videotapes, motion picture or any other record of this event for any legitimate purpose.

Signature: _____ **Date:** _____

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VOLUNTEER INFORMATION

Who can volunteer?
Anyone! The Capital City Kiwanis Club's 31st Firecracker 5K Race & 1-Mile Fun Run/Walk is a community-wide event and we welcome anyone in the community to come and help make this a successful event.

What will I be doing?
There are many ways you can help. We need volunteers to help with onsite registration, directing traffic, collecting times at the finish line, handing out drinks to tired runners, staffing the food tables, and cheering on our runners.

What should I wear?
Although heavily wooded the Elinor Klapp-Phipps Park has many areas without shade. It is going to be a hot day so make sure you dress comfortably. Sun screen, bug repellent, sun glasses, and hat or cap are recommended. Wear comfortable shoes appropriate for cross country-type trails. You will receive a ***Volunteer*** tee-shirt when you get there. Be sure to wear it so race participants and spectators know you are someone that can help if needed.

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Race Day Schedule

6:00 a.m.	Volunteer Orientation and Assignments
6:30 a.m.	Registration — Volunteers begin taking registrations
6:45 a.m.	Route, Water Station, Finish Line & Food Table Volunteers walk to their locations
	Runners arrive, both 5K & i-Mile Fun Run/Walk for same start time separate finish chutes
7:20 a.m.	Announcements & National Anthem at start
7:30 a.m.	RACE START
8:30 a.m.	Awards
9:00 a.m.	Clean-up