



1st Annual

# Pedro Menendez High School BLUE & GOLD FALCON 5K



Presented by:

Pedro Menendez Athletic Booster Club

**Saturday, March 28, 2020 - 9:00 AM**

Riverview Club  
790 Christina Dr  
St. Augustine, FL 32086

### SCHEDULE OF EVENTS

Pre-Race Bib/Shirt Pick Up & Registration: Friday, March 27, 2020, 4:30-6:30 PM at Pedro Gym/Student Parking Lot 600 SR 206W, St Augustine, FL 32086. (cash/check only)

Race Day Bib/Shirt Pick Up & Registration: Saturday, March 28, 2020, 7-8:30 AM at the Shores Riverview Club. (cash/check only)

Race Start: Saturday, March 28, 2020, 9:00 AM

### COURSE

Runners and walkers are welcome as we start this event at the Riverview Club and run through the St. Augustine Shores community.

There will be water stations at the start, 1 mile, 2 mile, and finish.

Digital time clocks will be viewable at the 1 mile, 2 mile, and finish.

5K USATF Certified Course # FL10015EBM

### REGISTRATION

- Entry Fee before March 14 = \$25
- Entry Fee March 15-27 = \$30
- Race Day Entry Fee = \$35 (cash/check only)
- All Student Entry Fee \$20

- Register online at: [www.RaceSmith.com](http://www.RaceSmith.com)  
or

- Make payment out to and mail to:

Pedro Menendez Athletic Booster Club  
600 State Road 206W  
St. Augustine, FL 32086

In the event of inclement weather, emergency or a natural disaster, the Pedro Menendez Athletic Booster Club reserves the right to cancel or postpone the race. In the event of cancellation or postponement, there will be no refunds.

Be sure to register soon!

### AWARDS

Overall Male and Female finishers and the top three runners in the following age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75 and over.

### SPECIAL AWARDS

**Falcon Spirit Award – dress up in your best blue and gold attire**

### AMENITIES

Beautiful and unique t-shirt, finisher's medal, and post-race refreshments. Availability and size of shirts only guaranteed to those who register by March 14, 2020.

Member of the

**Run St. Augustine  
Race Series**

### FOR MORE INFORMATION

Email: [pmhsfalcon5k@yahoo.com](mailto:pmhsfalcon5k@yahoo.com)

### 2020 Falcon 5K - Registration Form

Name: \_\_\_\_\_ Sex: **M** **F** Age on Race Day: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
(circle one)

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

T-Shirt - Unisex Size (circle one): **Youth** **Small** **Medium** **Large** **X-Large** **XX-Large** **XXX-Large**

### WAIVER

I, the undersigned individual, desire to participate in the PMHS Blue & Gold Falcon 5K, on March 28, 2020. I hereby agree to RELEASE and HOLD HARMLESS Pedro Menendez Athletic Booster Club and the Officers, Directors, Agents and Employees of Pedro Menendez Athletic Booster Club from and against any and all rights, actions, causes of actions, suits, losses, damages, judgments, claims, claims of liabilities, cost and expenses of any kind as well as attorney's fees and court costs at trial and on appeal, of whatsoever kind or nature, to which Pedro Menendez Athletic Booster Club may be subjected to as a result of any death, personal injury or damage to property arising in any manner from my direct or indirect participation in the PMHS Blue & Gold Falcon 5K.

RELEASE: I FURTHER AGREE THAT THIS HOLD HARMLESS AGREEMENT SHALL APPLY IN THE EVENT I AM DISABLED, INJURED, OR INCUR DISEASE OF A TEMPORARY OR PERMANENT NATURE WHILE PARTICIPATING IN, OR DIE AS A RESULT OF PARTICIPATING IN THIS ACTIVITY, REGARDLESS OF THE CAUSE. I HEREBY RELEASE THE PEDRO MENENDEZ ATHLETIC BOOSTER CLUB FROM ALL LIABILITY WHILE PARTICIPATING IN THIS ACTIVITY.

This agreement shall be binding upon my heirs, my personal representatives, assigns and me and shall be governed by the laws of the State of Florida. I have executed this Hold Harmless and Release with full knowledge of its terms and the consequences of my signing and executing the same. I do so freely and voluntarily without compulsion of any kind or nature.

I grant permission for this event's organizers to take pictures of me during this event and agree for this event to use any photos of me that may be taken during my participation. By providing my email address, I also grant permission to the race organizers to communicate with me via electronic mail. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race. I also understand that in the event that this race has to be cancelled or postponed, for any reason beyond the control of race management, my entry fee will not be refunded. By my signature, I attest that I am physically fit and well trained to participate in the PMHS Blue & Gold Falcon 5K, on March 28, 2020.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent or guardian name and signature is required if participant is under 18 years of age)

Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_