

**2014 INDEMNIFICATION, HOLD HARMLESS AND RELEASE FOR THE FEET TO FEAST 15K/5K RUN/WALK**

I, the undersigned individual, desire to participate in the FEET TO FEAST 15K/5K RUN/WALK. I acknowledge that the FEET TO FEAST 15K/5K RUN/WALK is a test of a person's physical and mental limits and it carries with it potential for death, serious injury, and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN THE FEET TO FEAST 15K/5K RUN/WALK. I certify that I am physically fit, have sufficiently trained for participation in this event, and have not been advised otherwise by a qualified health professional. I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns, or anyone else who might claim or sue on my behalf and I expressly acknowledge that it is my intent to take these actions. I hereby:

(a) AGREE to abide by the competitive rules adopted by FEET TO FEAST 15K/5K RUN/WALK;

(b) AGREE that prior to participating in this Event, I will inspect the race course, facilities, equipment, and areas to be used and if I believe any to be unsafe I will advise the person supervising the event, activity, facility, or area;

(c) WAIVE, RELEASE, AND DISCHARGE FROM ANY AND ALL CLAIMS, LOSSES, OR LIABILITIES FOR DEATH, PERSONAL INJURY, PARTIAL OR PERMANENT DISABILITY, PROPERTY DAMAGE, MEDICAL OR HOSPITAL BILLS, THEFT OR DAMAGES OF ANY KIND, INCLUDING ECONOMIC LOSSES AND LOST OR STOLEN ITEMS, WHICH ARISE OUT OF OR RELATE TO MY PARTICIPATION IN, OR MY TRAVELING TO AND FROM THE EVENT, THE CITY OF PALM COAST, ITS EMPLOYEES, VOLUNTEERS, AND AGENTS, EVEN IF SUCH CLAIMS, LOSSES, OR LIABILITIES ARE CAUSED BY THE NEGLIGENT ACTS OR OMISSIONS OF THE PERSONS I AM HEREBY RELEASING OR ARE CAUSED BY NEGLIGENT ACTS OF ANY OTHER PERSON OR ENTITY;

(d) ACKNOWLEDGE that there will be traffic on the course route, and I ASSUME THE RISKS OF RUNNING AND PARTICIPATING IN THIS EVENT. I ALSO ASSUME ANY AND ALL OTHER RISKS associated with participating in this event, including but not limited to, falls, contact or crashes with other participating in this event, weather including heat or humidity, defective equipment, the condition of the roads and railroad crossings, water hazards, and any hazard that may be posed by spectators or volunteers, all such risks being known and appreciated by me, and I further acknowledge that these risks include risks that may be the negligence of the persons or entities mentioned in paragraph (c) or other person or entities;

(e) AGREE NOT TO SUE ANY OF THE PERSONS OR ENTITIES MENTIONED ABOVE IN PARAGRAPH (c) for any of the claims, losses, or liabilities that I have waived, released or discharged herein;

(f) INDEMNIFY AND HOLD HARMLESS THE PERSONS AND ENTITIES MENTIONED IN PARAGRAPH (c) for any and all claims made or liabilities assessed against them as a result of my actions or inactions;

(g) GRANT PERMISSION for the use of my name and/or likeness relating to my participation in the FEET TO FEAST 15K/5K RUN/WALK event, and I waive all right to any future compensation to which I may otherwise be entitled as a result of the use of my likeness by the City;

(h) UNDERSTAND and accept that my entry fee is non-refundable under any circumstances; and

(i) AFFIRM THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER, AND THAT I HAVE READ THIS DOCUMENT AND UNDERSTAND ITS CONTENTS.

(j) I give permission to the City of Palm Coast to take photographs and video recordings of my(our) child and my(our) family members while participating in the Event, and further agree that City may use said Child's name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising, promotional and commercial materials, without reservation or limitation, in print, on the City website, or other broadcast or social media. These photographs will only be used for City promotional and informational purposes and will involve no compensation to me(us) or my(our) family members for any photograph.

\_\_\_ YES, I(we) give my(our) permission for my(our) child/family members to be photographed.

\_\_\_ NO, I(we) do not give permission for my(our) child/family members to be photographed.

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please contact the City of Palm Coast for registration of participants 17 and under. Form also available online.



# Find Your Pace

**THANKSGIVING FEET TO FEAST 15K/5K RUN/WALK  
NOVEMBER 27, 2014**

Indian Trails Middle School - 7:45 am

**STARLIGHT HALF MARATHON/5K  
DECEMBER 20, 2014**

Central Park, Town Center - 6 pm

**WATERFRONT 5K & 10 MILE RUN  
JANUARY 24, 2015**

Waterfront Park - 9:30 am

**RACE OF THE RUNWAYS 10K & 5K RUN/WALK  
FEBRUARY 14, 2015**

Flagler County Airport - 8:30 am

**FLAGLER SHERIFF'S PAL "DEPUTY DASH 5K & BLOCK PARTY"  
APRIL 18, 2015**

European Village - 6:30 pm

**ARBOR DAY 5K ROOT RUN/WALK & 1M FLUTTER FOAM FUN RUN\*  
MAY 2, 2015**

Central Park, Town Center - 8 am

*\*2014-2015 Running Series Awards Ceremony*

Visit [www.palmcoastgov.com/running-series](http://www.palmcoastgov.com/running-series) for a list of all races in the Palm Coast Running Series. For more information, contact Palm Coast Parks and Recreation, at 386-986-2323, [parksandrecreation@palmcoastgov.com](mailto:parksandrecreation@palmcoastgov.com).



**7:45 am Thursday, Nov. 27, 2014**

**New Location**

**Indian Trails Middle School**

[www.palmcoastgov.com/feettofeast](http://www.palmcoastgov.com/feettofeast)





7:45 am Thursday Nov. 27, 2014

**New Location**

Indian Trails Middle School  
5505 Belle Terre Pkwy

6:30-7:30 am Registration at ITMS  
7:45 am Thanksgiving Day (Feet to Feast) 15K & 5K Race/Walk begins  
8:45 am Kid's Fun Run

*Awards Ceremony immediately following the races*  
Race course will start at ITMS and run through surrounding trail & sidewalks

### ENTRY FEES & DEADLINES

#### 15K Pricing:

\$30 - Received on or before Monday, Nov. 24  
\$40 - In-person registration Nov. 25-26  
\$45 - Day of Race, Nov. 27, 6:30-7:30 am

#### 5K Pricing:

\$25 - Received on or before Monday, Nov. 24  
\$35 - In-person registration Nov. 25-26  
\$40 - Day of Race, Nov. 27, 6:30-7:30 am

#### Either Race:

\$20 - Student Rate (Grades K-12)  
Free - Kids Fun Run (ages 6 & under)  
Free - Veterans with Military ID

**Online Registration at**  
**[www.palmcoastgov.com/feettofeast](http://www.palmcoastgov.com/feettofeast)**

*All entry fees include post-run refreshments and awards. T-shirts and swag bag available while supplies last. This will be a chip-timed race. Chips will be located in race bib.*

**Registration Fee is non-refundable**

### PACKET PICKUP

Packet Pickup will be available at the Palm Coast Community Center (305 Palm Coast Parkway, NE) Tuesday & Wednesday, Nov. 25-26, from 8 am to 6:30 pm and on race day beginning at 6:30 am at Indian Trails Middle School - 5505 Belle Terre Pkwy.

### PRIZES AND AWARDS

Swag Bags & T-shirts available while supplies last.  
Prizes will be awarded to both male and female in the following age groups:  
Overall top male and female

1st, 2nd and 3rd places in the following age groups (male and female):

9 & Under	30-34	55-59
10-14	35-39	60-64
15-19	40-44	65-69
20-24	45-49	70-74
25-29	50-54	75 & Older

Kids Fun Run participants will receive ribbons.



### RACE REGISTRATION

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

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

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

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

Birthdate: \_\_\_\_\_ Age as of Nov. 27, 2014: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_

#### Please Check One:

15K Run     5K Run/Walk     Fun Run

#### Shirts:

Shirt distribution is on a first come/first served basis during packet pick-up. Shirt sizes available, while supplies last.

Shirts are adult sizes Small through XX-Large.

**Online Registration at**  
**[www.palmcoastgov.com/feettofeast](http://www.palmcoastgov.com/feettofeast)**

Registration is not complete until payment is made and registration form is completed. Online Registration closes Monday, November 24.

#### Mail-In Registration (Received on or before Nov. 21)

Make checks payable to City of Palm Coast and mail with completed entry form to:

City of Palm Coast  
c/o Feet to Feast  
305 Palm Coast Pkwy. NE  
Palm Coast, FL 32137

#### Fees: (Per Person)

\$30/25 - Advance Registration by Nov. 24	\$ _____
\$40/35 - In-Person Registration	\$ _____
\$45/40 - Day of Race Registration	\$ _____
\$20 - Student Rate (Grades K-12)	\$ _____
Free - Kids Fun Run - ages 6 & under	\$ _____
Free - Military (ID verification required)	\$ _____
<b>TOTAL</b>	<b>\$ _____</b>