



The 23rd Annual Real Florida 5K Cross Country Run & Fun Walk
 Saturday, February 27, 2010

Registration begins at 7:00am - Race begins at 8:30am

Entry fee is \$20 to January 31. \$25 Feb 1 to Feb 26 and \$35 on race day.

All registered runners and walkers receive a special t-shirt the day of the event.

All finishers receive a medal. Refreshments and an awards ceremony will follow.

REGISTRATION FORM

 LAST NAME FIRST NAME MI

 ADDRESS E-MAIL ADDRESS

 DAYTIME PHONE NUMBER DATE OF BIRTH AGE DAY OF RACE MALE
 FEMALE

Please select one adult shirt size:

- SMALL X-LARGE
- MEDIUM XX-LARGE
- LARGE

Please select one payment method:

- CHECK or MONEY ORDER** enclosed
 made payable to Wekiva Wilderness Trust, Inc.
- CASH**

Please specify one: ***REQUIRED***

**Credit card payments require on-line registration

- RUNNER** **WALKER** (Walkers will *not* be timed)

I consider myself adequately trained for the Wekiwa Springs State Park Real Florida 5K Cross Country Run. I do hereby release Wekiwa Springs State Park and Wekiva Wilderness Trust, Inc., all sponsors, workers, and anyone involved in this race from any liability for accident, injury, illness, or death suffered by me in connection with this race. I attest and verify that I have full knowledge of the risks involved in this event. If I should suffer any accident, injury, or illness, I authorize the officials of the race to use their discretion to have me examined by EMT personnel and, if needed, transported to a medical facility. I will take full responsibility for this action. I have read the above release and understand that I am entering this event at my own risk.

 SIGNATURE DATE

*If participant is under 18, parent or guardian signature required and parent or guardian approval will be required the day of event.

**Mail completed registration form with registration fee to
 Real Florida 5K Run & Fun Walk, Wekiva Wilderness Trust, 1800 Wekiwa Cr, Apopka, FL, 32712
 or drop off at Wekiwa Springs State Park**

Advance registrations must be received by WWT no later than January 31, 2010

For online registration go to www.wwt-cso.com

Visit www.floridastateparks.org/wekiwasprings for more information and registration forms