

PHCC Pasco-Hernando Community College

Women's Cross Country 5th Annual 5K Race

Come out and support the program, run on a flat course and enjoy the post race refreshments!

When: 8 a.m. Sunday, October 25, 2009

Where: PHCC West Campus, New Port Richey

Entry fee includes T-shirt:

\$15 early registration (before 10/1/2009)

\$20 race day registration

Any questions contact: Jacki Wachtel wachtej@phcc.edu

Please fill out the form below, detach and mail to:
PHCC Cross Country, 10230 Ridge Road, New Port Richey, FL 34654

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____

Sex: _____ Date of birth: _____ Age on race day: _____

T-shirt size: _____

In consideration of the acceptance of my entry, I for myself, my executors an assignees, do hereby release and discharge all sponsors, volunteers, officials and organizers of the PHCC open 5K race from all claims arising out of my participation in said athletic event and pre and post events. I attest and verify that I have full knowledge of the risks involved in the event and I am physically fit and sufficiently trained to participate. I also give my permission for the free use of my name and/or picture in any broadcast/telecast, or other account or promotion of this event.

Signed (parent or guardian if under 18 yrs old):
