

7th Annual 5k Run with the Quistas at PHCC

10230 Ridge Road – New Port Richey

*An event to benefit the Women's Cross Country Team of
Pasco-Hernando Community College*



Sunday October 23, 2011

Race Starts at 8 a.m. – Fun Run to Follow

Online Registration available on Active.com Keyword "PHCC"

5k Race/Walk

Make Checks Payable to: PHCC 5k

Entry Fee: \$15 before Oct 15

\$20 after October 15 and on race day.

Name: _____

Address _____

City _____ State _____ Zip _____

Email: _____

Date of birth _____ Age on race day _____

Sex: Male ___ Female ___

Adult T Shirt Size ___ S ___ M ___ L ___ XL ___ 2X

Free Family Fun Run

Entry Fee: Free to children 12 & under

T-Shirt – \$8

Make Checks Payable to: PHCC 5k

Name: _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Age on Race Day _____

Sex: Male ___ Female ___

Child T Shirt Size ___ S ___ M

Release of Liability Participant or Legal Guardian

X _____

In consideration of acceptance of this entry, I hereby for myself, my heirs, my executors and administrators waive and release any and all damages against Pasco-Hernando Community College & PHCC Cross-Country Team, Madison School District, the directors of the race, and as their assigns, representative and successors, for any and all injuries and illnesses which directly results from my participation in this race. I attest and verify that I am physically fit and have sufficiently trained for this event. Further, I hereby grant permission to any of the foregoing to use any photos or any record of this event for any legitimate purpose.

Questions? **Head Coach**- Jacki Wachtel

wachtej@phcc.edu

Assistant Coach - Steve Winterling

winters@phcc.edu

Race Director - Kat Matuszko

kmatuszko@live.com or call 727-505-2456