

BMW of Sarasota

2018 - 3rd Annual

 all faiths food bank™
FIGHTING HUNGER IN OUR COMMUNITY



McIntosh Middle & Brentwood Elementary

McInWood 5K

and 1 mile fun run!



Saturday May 12, 2018

McIntosh Middle School

Road and Trail Run! Run, Jog, or Walk!

Join us Saturday, May 12, 2018 for McIntosh Middle and Brentwood Elementary Schools 5K race and 1-Mile Fun Run benefiting both schools and All Faiths Food Bank.

- Tech t-shirt for 5K
- Cotton t-shirt for 1 Mile Fun Run
- Cross terrain surface
- Course guides
- Water stations
- Post race party
- Door Prizes

****Dry / Non-perishable food will be collected for All Faiths Food Bank****



Sanctioned by Manasota Track Club

Registration is limited!

A portion of the course is trail running through the woods, strollers are not permitted. Road closes at 7:15



Brentwood Elementary & McIntosh Middle 5K

1 Mile starts at 7:30 am / 5K at 7:45 am on May 12th 2018

Proceeds Help: All Faiths Food Bank, Brentwood Elementary, and McIntosh Middle.

Race Location: McIntosh Middle School
701 McIntosh Rd, Sarasota, FL 34232

<p>Entry information:</p> <ul style="list-style-type: none"> • \$20 for adults (with Tech-shirt, Price increase after April 1st) • \$10 for children (14 and Under, Price increase after April 1st) • \$10 for 1 Mile Fun Run (with cotton shirt) • \$5 discount for MTC Members • \$25 Adult & \$15 Child <u>after</u> April 1, 2018 • T-shirts Guaranteed to all participants who pay and register by April 1st. <p>Course Description: Mixture of road and wooded trail.</p>	<p>Make Checks to: McInWood 5K. c/o Jennifer Greenan 2500 Vinson Ave. Sarasota FL 34233</p> <p>Contact: Laura Wigglesworth 941 320-0706 email: Laura.Wigglesworth@sarasotacountyschools.net</p> <p>Or Jennifer Greenan 941 361-6230, fax 941-361- 6381 email: jennifer.greenan@sarasotacountyschools.net</p>
<p>Awards: Master, Grand Master, Senior Master, and Veteran Master receive a trophy. Six deep in all 5 year age groups will receive awards.</p>	<p>Registrations may be dropped off at Brentwood Elementary or McIntosh Middle School's office.</p> <p>Race forms, updates, and results are also available online at mcinwood5k.com</p>

-----detach here -----

Incomplete or unsigned entry forms cannot be accepted. Refunds will not be issued.
Portions of the course are on narrow trails.

McInWood 5K ENTRY FORM 5/12/2018 PLEASE PRINT LEGIBLY

Name _____ Gender: M / F Age: _____ DOB _____

Brentwood _____ McIntosh _____

Race: (circle one) 5K/1 Mile Estimated finish time: _____ MTC Member: Y/N

Address _____

City, State Zip _____

Phone _____ E-mail _____

SHIRT SIZE (circle One) YS YM YL SM M L XL XXL

Waiver (MUST BE SIGNED)

I know that running a road, beach or trail race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and conditions of the road all such risks being known and appreciated by me. By signing this form, I agree that for safety reasons, strollers, baby joggers, bicycles, skates, and animals are not permitted in this event. Having read the waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Manasota Track Club, Inc., its officers, directors and agents, all sponsors, their representatives and successors, including Brentwood Elementary, McIntosh Middle, the Sarasota County School Board, the Road Runners Club of America, its officers, directors, agents and employees, and _____ (any entity or person needing to be covered by this release), from all claims and liabilities of any kind arising from my participation in this event, although that liability may arise out of negligence or carelessness on the part of the person named on this waiver.

Signature _____ Date _____

Parent or Guardian if under 18 _____

Paid Cash or Check _____

