



16th Annual Eagle Pride 5K, 1 Miler & Soaring Eagle Challenge

Saturday, September 20, 2025

7:00 am - Start

Wickham Park – Pavilion 4

2500 Parkway Drive, Melbourne, FL 32935

To Benefit: Ascension Catholic School

* T-Shirts (guaranteed with registration by 9/6/2025*

Challenge Race—complete BOTH the 5K and 1 Miler for a **SPECIAL Medal**

Timetable

Friday, September 19th: 10:00 am – 4:00 pm

Packet Pick-up & Registration at **Running Zone**

(Across from Eastern Florida State College on Wickham Road)

5:30-7:30PM:

Packet Pick-up & Registration at **Ascension Catholic School**

Saturday, September 20th:

6:00 am Packet Pickup & Race Day Registration Opens

6:45 am 1 Mile/Challenge Registration Closes

7:00 am 1 Mile Start/Challenge Start

7:15 am 5K Registration Closes

7:30 am 5K Start

Awards & Raffle Prizes immediately following all races.

Registration Fees

5K Adult (including race day)	\$35
5K Kids (16 yrs. & Under)	\$25
1 Mile (with T-Shirt)	\$15
Soaring Eagle Challenge	\$40
Shirt Only	\$15

SORRY, NO REFUNDS

Awards - 5K

M&F: Top 3 Overall M&F: Top Masters (40+)
Age Groups (Top 3 M&F): 8 & Under, 9-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Awards - 1 Mile

Top 3 M&F in age groups: 8 & Under, 9-11, 12-14, 15-18, 19+

New: Challenge Awards!

Top 3 M&F

Questions: Contact Liz White, ascensioneaglepride@gmail.com

EAGLE PRIDE 5K, 1 Miler & Challenge– Official Entry Form

Make Check Payable to: **Ascension Catholic School (Memo: Eagle Pride 5K)**

Mail Complete Form and Check to: **Running Zone (3696 N. Wickham Rd, Melbourne, FL 32935)**



Event: 5K ☐ 1 Miler ☐ Challenge ☐ Shirt Only ☐

Sex: Male ☐ Female ☐ Date of Birth ____/____/____ Age on Race Day ____

First: _____ Last: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone (daytime): _____ Email: _____

Shirt Size: ☐ YS ☐ YM ☐ YL ☐ S ☐ M ☐ L ☐ XL ☐ XXL ☐ XXXL

Ascension Students Only:
Grade: _____
Teacher: _____

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all right and claims for damages or injuries that I may have against the Ascension Catholic School, Eagle Pride Event Director, RunSignup.com, Running Zone Race Management, Inc, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typical found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition. In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization. Furthermore, I know that if I choose to participate in this event virtually where I run on my own, at a date and time of my choosing, in a location and running route of my choosing, which will not have any support or security measures in place by the event's Race Director is a potentially hazardous activity, which could result in injury, illness or death. I acknowledge that I am participating in the activity outlined by this virtual event by my own free will and at my own personal risk. I will not participate in a virtual event unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I attest that I will abide by my local government's rules and regulations due to COVID-19. I agree to follow all pedestrian safety ordinances including running on a sidewalk where available and not in the road. I agree to follow the rules of the road if no sidewalk or multi-use trail is available and I will run against oncoming traffic and not with traffic. I agree to abide by any decision of a race official relative to any aspect of my participation in this virtual event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I, having read the rules of the virtual race, including the terms in this waiver, the timeline of the virtual event, and agree to abide by them. I assume all risks to me associated with running on my own as part of this virtual activity, including but not limited to: falls, contact with other pedestrians, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or trail, all such risks being known or unknown and appreciated by me when out running on my own without any type of support from local officials or event organizers. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver. Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE