



Mr. Delicious Pizzeria presents the 11th...

# EAT MY CRUST 5K RUN/WALK

7:00 am Sunday, May 7, 2023

Viera High School, 6103 Stadium Parkway

Race benefits the **Viera High School Athletic Dept** and the **Early Steps** program of Brevard County. Questions, contact race director, Brittany Streufert at (321) 412-1830.

Register online at [EatMyCrust5K.com](http://EatMyCrust5K.com) | Like us on Facebook & Instagram [@eatmycrust5k](https://www.instagram.com/eatmycrust5k)

## RACE INFO

- The return of the 5K marks our 11th year running!
- Super soft race shirt guaranteed with paid pre-registration
- Offering virtual race option — race whenever, wherever
- Dynamite Joey Pepperoni **FINISHER** medals!
- Post-race Pizza & Breakfast Outdoor Extravaganza
- Chance to win fantastic prizes...and we have a ton!
- Free Lil' Pepperoni Run & Ribbons for kids (8 & under)
- Early registration ends on 4/23/23
- Rain or shine event, no refunds issued
- Space Coast "Runner of the Year Series" finale

**ENTRY FEES:** **SORRY NO REFUNDS** Pre-Registration is before 4/24/23

Adults \$27 All Registrations 4/24 to 5/7 - \$32

Students \$25 Race Day Registration — \$35

SCR Members \$22 **\*CHOOSE VIRTUAL OPTION: ADD \$5 FOR SHIPPING**

## PACKET PICKUP

Packet pickup at Running Zone—3696 N Wickham Rd, Melbourne

Thursday, May 4 & Friday, May 5 – 10am to 6:30pm

Saturday, May 6 – 10am to 5pm



## SUNDAY, MAY 7 – RACE DAY

6:00 am Packet Pick Up & Race Day registration

6:45 am Late registration ends

7:00 am Eat My Crust 5K Starts!

8:10 am Lil' Pepperoni Run for Kids — FREE!



## RACE COURSE

Race starts at **Viera High School** and runs the new 5K route with special surprises along the way.

## AWARD CATEGORIES

- Top 3 Overall Male & Female
- Top Masters (40+), Grand Masters (50+) & Senior Grand Masters (60+) Male & Female
- Top High School Finisher Male & Female
- Top 3 in each Age Group
- **The Pizza Delivery Challenge**—Top 3 Male & Female Register to carry an actual pizza box the entire race distance.
- **Fast Track Award**—Top Male & Female who run the designated track portion of the race the fastest. Track split will be provided to every runner. No registration necessary.
- **Top 3 Teams for all Male, all Female and Co-ed** (each team must have a min of 5 team members; co-ed team must have 1 person of opposite sex)

## AGE GROUPS

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+



**MAIL COMPLETED ENTRY FORM TO:**  
**3268 LAMANGA DRIVE, VIERA, FL 32940**

**Please make check payable to:**  
**Power of Pizza Charities**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Sex (circle) M F Emergency Contact Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Pizza Delivery Challenge (circle) YES NO

Unisex Shirt Size (circle): YM YL XS S M L XL XXL XXXL

Team Name: \_\_\_\_\_

Team Division (circle): Co-Ed Male Female

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Eat My Crust 5K event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature: \_\_\_\_\_

(Participant or Parent or guardian if under 18)

Date: \_\_\_\_\_