

# 13TH ANNUAL

## Saturday Dec. 4th, 2010

# JINGLE & JOG



5K Road Race/ 1 Mile Run/Walk

**Registration opens @ 7:00 AM RACE STARTS @ 8:00 AM**

Location: 4405 Desoto Road, Sarasota 34235  
 Take Honore South from University Parkway to Desoto Rd.  
 Sanctioned by Manasota Track Club

Mail Entries to: Community Haven/Jingle & Jog  
 4405 Desoto Road Sarasota, FL 34235  
 Attention: Marla Doss

Contact Marla Doss @ 355-8808 x224  
 mdoss@communityhaven.com

**www.communityhaven.com**

Name: First \_\_\_\_\_ Last \_\_\_\_\_

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

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Waiver: 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 know 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 the Road Runners Club of America, its officers, directors, agents and employees, and Community Haven for Adults and Children with Disabilities, Inc. and their Board of Directors 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.

X \_\_\_\_\_

Signature (Parent/Guardian if under 18)

Date

I/We will be unable to attend, enclosed is my donation of \$ \_\_\_\_\_

Registration Fee: \$ 25 .00 before November 15th  
 \$ 30.00 after November 15th or Day of  
 \$ 15.00 for children 12 & under  
 \$ 20.00 for Manasota Track Club Members

**Please circle T-shirt Size:**

S M L  
 XL XXL

Please make checks payable to: Community Haven