



# MERIDIAN RUN

**NORTH FLORIDA CHRISTIAN SCHOOL  
1 MILE FUN RUN, 5K, 10K  
FEBRUARY 16, 2019**

[www.meridianrun.com](http://www.meridianrun.com)

North Florida Christian School  
3000 N. Meridian Road  
February 16, 2019  
5K/10K 8:30  
1 Mile Fun Run 8:00 am

<u>Pre-Registration on or before February 1st</u>	<u>Day of Race Registration</u>
5K/10K no shirt.....\$10 5K/10K with shirt.....\$12	5K/10K no shirt.....\$12 5K/10K with shirt.....\$15
Make checks payable to NFCS and mail (or hand deliver to any school office) with registration form and waiver to: <b>Meridian Run</b> North Florida Christian School 3000 N. Meridian Road Tallahassee, FL 32312 <i>Must be postmarked by February 6, 2019</i>	<b>EARLY PACKET PICKUP-</b> NFC MS/HS office February 15th 4:00 pm – 7:00 pm  Early Registration is strongly encouraged to avoid delays and guarantee your shirt.

Awards will be given to the top male and female overall finishers and the top male and female in their age group.

For more information or to register online go to [www.meridianrun.com](http://www.meridianrun.com) or call Lynn Burgess at 850-386-6327 x122.

**Complete the entry form on back. All forms must accompany payment.**

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Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender:

M/F \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Phone: \_\_\_\_\_

Shirt Size (Circle One): YS YM YL AS AM AL AXL AXXL

**WAIVER:** In consideration of your acceptance of my entry as a participant in the Meridian Run 10K, 5K, & 1-Miler, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against North Florida Christian School, its officers and directors, members or representatives and all volunteers and others promoting or assisting in anyway the promotion or organization of Meridian Run 10K, 5K & 1-Miler, which may arise from my participation in the these races on February 16, 2019, or while traveling to or from the event, even if caused in part by the negligence or negligent actions or other fault of the parties or persons I am hereby releasing by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of the liability without fault. My participation is voluntary and done at my own risk. I understand that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and sufficiently trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties I am releasing if I suffer injuries and damages even though I do not know to what extent those injuries and damages might be and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I agree not to run with headsets, dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement.

\_\_\_\_\_  
Signature of Entrant (Parent or Legal Guardian if under 18) and Date