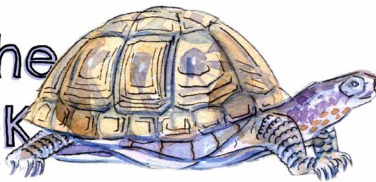


2020 Race the Tortoise 5K



Saturday, March 7th

O'Leno State Park, FL
Hosted by Friends of O'Leno, Inc.
Medals to all Finishers

Entry Fees

Through February 26th \$25
February 27th thru Race Day \$30
Age 14 and under \$10 at all times
Park entry fee waived Sorry NO REFUNDS

Registration

Online

<https://runsignup.com/Race/FL/HighSprings/2020RacetheTortoise5K>
Closes 3/1/19, 9AM EST

Mail-in

See form below. Must be postmarked by 2/23/2019

Day of Race Registration & Packet Pickup

Dining Hall from 6:45 a.m. to 7:45 a.m.

Hot Breakfast One hot breakfast is included with your registration.

Additional family & friends breakfast tickets are available for purchase for \$3 each with your online/mail-in registration, or \$5 each on race day.

T-shirts T-shirts guaranteed for early registered participants only.

Race Website <http://friendsofoleno.org/events/race-the-tortoise-5k/>

Restrictions

For the safety of all: no pets, bicycles, skateboards, or skates allowed on the course. Strollers are permitted.

Location

Six miles north of High Springs, FL on HWY 441
<https://www.floridastateparks.org/parks-and-trails/oleno-state-park>

Race Course

Out & back on paved, scenic park road with mile markers
Start & Finish about 1.5 miles from Park's entrance
Chip Timing by Start To Finish
Water, Gatorade, & port-a-let near start / finish line

Prize Money & Awards (One prize per runner)

1st Place Overall \$100 for course record (M 15:27.1 / F 17:33.2)
1st Place Masters \$50 for course record (M 16:59.5 / F 19:28.9)
Awards to top 3 in each 5 year age group M/F (9 and under through 75+)
Awards Ceremony starts at 9:15 a.m. in the Dining Hall

Race Results

<https://www.friendsofoleno.org/events/race-the-tortoise-5k/race-results/>
<https://runsignup.com/Race/FL/HighSprings/2020Race-theTortoise5K>

Refreshments and Breakfast

Available in the Dining Hall after the race.

Contact Information

Tortoise5K@friendsofoleno.org

IMPORTANT!!! You must arrive by 7:30 a.m.
Park gate closes at this time. Car pooling is a great help.

REGISTRATION FORM - PLEASE PRINT CLEARLY - One participant per form

11th Race The Tortoise 5K · O'Leno State Park · 3/7/2020 at 8:00 am

Postmark by 2/23/2019 to: Race Director, Friends of O'Leno, P.O. Box 2879, High Springs, FL 32655

Make check payable to: Friends of O'Leno, Inc.

Name _____ Day Phone No. _____

Gender: **M** or **F** PLEASE CIRCLE ONE Shirt Size: **XS S M L XL XXL** PLEASE CIRCLE ONE Birthdate _____ Age on Race Day _____

Address _____ City _____

State/Zip _____ E-Mail Address _____

of Extra Breakfast tickets _____ @ \$3 ea. = \$ _____ Total amount of check \$ _____

I consider myself adequately trained for the O'Leno State Park 5K Run. I do hereby release O'Leno State Park and Friends of O'Leno, Inc., all sponsors, workers, and anyone involved in this race from any liability for accident, injury, illness, or death suffered by me in connection with this race. I attest and verify that I have full knowledge of the risks involved in this event. If I should suffer any accident, injury, or illness, I authorize the officials of the race to use their discretion to have me examined by EMT personnel and, if needed, transported to a medical facility. I will take full responsibility for this action. I have read the above release and understand that I am entering this event at my own risk.

The participant hereby grants the CSO or the Department permission to take and use photographs, audio, video or digital recordings made of the Event for publicity, promotional purposes, or other CSO or Department purposes.

Participant signature

Date

Parent/Guardian signature

Date

If participant is under 18 years of age