

9th Annual Friends Helping Friends 5K Fun Run/Walk

Presented by
WALK ON WATER

A UNIQUE BOUTIQUE WITH PURPOSE

Colonial Town Park
1140 Town Park Ave. Lake Mary
407-805-0477

Winter Park Village
460 Orlando Ave. Winter Park
407-539-2079

Benefiting 
SafeHouse

100% of the proceeds will benefit SafeHouse
to support women and children who are
victims of domestic abuse.

Saturday
September 23, 2017
Starting at 7:30^{AM}

**SEE THE WALK ON WATER
WEBSITE FOR RACE MAP**

www.WalkonWaterFL.com

SCHEDULE

6:00^{AM} - 7:15^{AM} Race Day
Registration
7:30^{AM} Run/Walk Start
8:30^{AM} Kids Race Start
9:00^{AM} Awards Ceremony & Raffle

ENTRY FEES

Thru 8/20: \$20
8/21 - 9/21: \$25
9/22 - Day Before Race: \$30
9/23 - Race Day: \$35
Students Under 17: \$15

REGISTRATION

One Entry Per Person

Online: WalkonWaterFL.com

Online registration must be completed by
Thursday September 20, 2017

Mail: Complete this form and mail it with check
payable to SAFEHOUSE to:

Walk on Water
1140 TownPark Ave. Suite 1250
Lake Mary, FL 32746

*All Entries must be postmarked by September 15, 2017

Race Day: 6:30^{AM} - 7:15^{AM}

Payment by Cash or Check ONLY.

AWARDS

Adults: Medals awarded to overall Male and Female
Top 10 Males and Top 10 Females

Kids: All children participants (9 and under) receive a ribbon.

PLEASE PRINT LEGIBLY (Must be 18 or over, or accompanied by parent/legal guardian)

FULL NAME		DATE OF BIRTH		MM / DD / YYYY		AGE	
ADDRESS 1		GENDER		<input type="radio"/> MALE		<input type="radio"/> FEMALE	
ADDRESS 2		PHONE					
CITY		ST	ZIP	EMAIL			
FREE T-SHIRT Sizes are not guaranteed for registrations received after September 15, 2017.		YOUTH <input type="radio"/> M <input type="radio"/> L		WOMEN'S <input type="radio"/> S <input type="radio"/> M <input type="radio"/> L <input type="radio"/> XL		MEN'S <input type="radio"/> S <input type="radio"/> M <input type="radio"/> L <input type="radio"/> XL <input type="radio"/> 2XL	
ENCLOSED \$ Entry fees are nonrefundable. Credit cards accepted during online registration only. Cash or Check accepted on race day.						<input type="checkbox"/> Mark if you are a Sponsor Participant Indicate Sponsor Organization:	

Incomplete or unsigned Entry Forms will not be accepted. I know that participating in this event is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete. I assume all risks associated with participating 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, all such risks being known and appreciated by me. Having read this 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 Roxy Blue dba Walk on Water, the County of Seminole, Final Mile Race Management, LLC and any and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence on the part of persons named in this waiver.

I AGREE

SIGNATURE

Parent if race participant is under the age of 18

DATE

