



Run From The Rays 5K

5K Run/Walk

Course: 5K Certified Course around Spanish River Athletic Complex

Start Time: 7:00am.

Awards:

Top 3 M/F overall, Top 3 in 5 year age groups, 10 & under, 11-14, 15-19 to 70+ Male/Female. Accuchip timing results for all finishers.

Cost: \$30 Through 4/18.
\$35 After 4/18.

Amenities:

Custom **medals** to all finishers. T-shirts guaranteed to all 5K pre-registered participants. There will be a **BOUNCE HOUSE** for the kids, music, **PANCAKE BREAKFAST** and refreshments.

One Mile Run

Cost: \$20 Age 17 & over.
\$15 Age 16 & under

Start Time: 8:00am.
Finisher medals & t-shirts to first 100 registered participants.

Free Kids Fun Run

8:15am. Various distances. Ages 1-8
Distance depending on age. 50-400M

Registration & packet pick-up:

April 15th-April 22th
The Runner's Edge
3195 N. Federal Hwy.
Boca Raton, FL

Register online:

www.runsignup.com

Race director: Fran Nachlas
(561) 350-5110

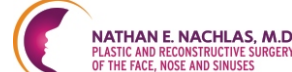
Location: Spanish River Athletic Complex
(across from Spanish River Library)
1370 NW Spanish River Blvd
Boca Raton, FL 33431

Music by:

NIKKO &



BOMAR Foundation,
Bob & Marcy Haupt, Trustees



Moskowitz, Mandell, Salim & Simowitz, PA
E.M. Lynn Foundation



RUN FROM THE RAYS 5K is presented by SafeSun, an organization dedicated to the prevention and treatment of skin cancer.



"In Memory of Louis Frustaci"

Mariani Family Breslaw Family Speer Family
Kelman Family Benitez Family Venezia Family
Marcus Family En Vogue Franklin Family
Jewelewicz Family Constantine Family



5K RUN/WALK

Spanish River
Athletic Complex
Boca Raton

Presented by:



Sunday
April 24th
7:00am

Race benefits:



Run From The Rays
April 24th, 2016
Boca Raton

Presort Standard
U.S. Postage
PAID
Boca Raton, FL
Permit No. 1767

Checks Payable to: Safesun, Inc.
2427 NW 49th Lane, Boca Raton, FL 33431

ENTRY FORM

5K: \$30 Adult/\$35 after 4/18
One Mile \$20 (\$15 under 17).



Last Name _____ First Name _____

Address: _____

City _____ State _____ Zip _____

Telephone _____ Email _____

Age

Sex M F

Shirt Size YL S M L XL

Waiver of Liability-Read Carefully

I know that running/walking a road race is a potentially hazardous activity. I should not enter and walk/run 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/Walk. I assume all risks associated with running/walking in this event including but not limited to falls, contact with other participants, the effect of the weather, traffic and the conditions of the road, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration for you accepting my entry, I for myself, and any entitled to act on my behalf, waive, release and hold harmless the Runners Edge Foundation, City of Boca Raton, all sponsors, their representatives, and their affiliates from any and all claims or liabilities of any kind arising out of my participation in the event. I grant permission to use any photographs, recordings or any record of this event for any legitimate commercial purpose.

Signature(under 18, parent signature) _____ Emergency Contact # _____