



TOT TROT

5K Run & Walk — all ages & fitness levels welcome!

Saturday, March 15th, 2014 8:30am

Eagle Lake Park, 1800 Keene Road, Largo, FL 33771

Benefits Ascension Day School & the Episcopal Church of The Ascension Youth Groups

For information: pamelar516@aol.com — Pam Rilling 727-447-3469 ext. 209 — www.churchofascension.org (registration form)

TOT TROT REGISTRATION FORM — Sign up by March 1 to guarantee your T-shirt!

Sign me up for the: 5K Run 5K Walk

Registration fee: \$20 Adult \$10 Children 10 & under Children in strollers FREE! Checks payable to Church of Ascension

T-shirt size (circle one): Youth Small/Youth Medium/Youth Large Adult Small/Adult Medium/Adult Large/Adult XL/Adult XXL

Name: _____ Age _____ Male Female

Address: _____ City _____ State _____ Zip _____

Phone: _____ Email: _____

WAIVER: In consideration of acceptance of this entry, I for myself, my heirs, devisees, executors, administrators & assignors, hereby waive, release & discharge any & all claims against race organizers, sponsoring or conducting this event or their employees, representatives, or successors, for any & all damages or injuries I may suffer. I hereby grant permission for the free use of my name & picture in any broadcast, brochure or account of this event.

Signature _____

Mail form to: Pam Rilling, Ascension Day School, 701 Orange Ave., Clearwater, FL 33756