The UPS 5K Benefiting the United Way of Miami-Dade takes participants through the beautiful city of Coral Gables and the neighborhood surrounding the Granada Golf Course. The race starts and ends at the City of Coral Gables Historic City Hall at a festive post-race party at Merrick Park. The park is across the street from City Hall at the intersection of Le Jeune Road and Miracle Mile.

Saturday, September 7, 2019
5K start time: 7:30AM • Merrick Park, Coral Gables

Mail completed entry form with fee payable by check or money order to:
TeamFootWorks
Attn: Registrations
5724 Sunset Drive
South Miami, FL 33143

To pay by credit card go to:
TeamFootWorks.org
$3 processing fee added

OFFICIAL USE ONLY:

RACE FEE: $30 $35 $40

RACE DAY SCHEDULE
6:00am to 7:15am – registration and packet-pickup
7:15am – Pre-race warm up
7:30am – 5K Run/Walk Starts

CIRCLE YOUR TSHIRT SIZE:
Female: YL | XS | S | M | L | XL | 2XL
Male: YL | S | M | L | XL | 2XL

CELL PHONE NUMBER: (_____) _______ _______ EMERGENCY CONTACT: (_____) _______ _______ EMERGENCY CONTACT NUMBER: (_____) _______ _______

I know that participating in a run/walk event is potentially hazardous. I will not enter and participate unless I am medically able and properly trained. I warrant that I am able to safely complete the event. I assume all risks associated with the event, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and track on the course. All of these risks are known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I, for myself, and anyone acting on my behalf, waive and release and hold harmless TeamFootWorks, the Road Runners Club of America, all suppliers, all sponsors, and its affiliates, the municipalities in which the event is held, all the aforementioned named parties’ respective directors, officers, employees, agents, assigns, representatives and successors and any social or group associated therewith, from and against all claims, damages, liabilities, costs and expenses, of any kind, including reasonable attorneys’ fees, arising out of my participation in this event even though that liability may arise out of my negligence or carelessness, and/or the negligence of carelessness of any individual or organization named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, verbal or written statements, or any other record of this event, for any legitimate purpose. I am of legal age, have read this release, fully understand it, and freely agree to all of its terms.

Signature of Applicant __________________________ Date _______

Signature of Parent or Legal Guardian (if applicant is under 18) __________________________ Date _______