



Kid's 1K Fun Run! Special Prizes! Dog Friendly! Post Race Live Music at Sneakers!

### SATURDAY, OCTOBER 12, 2019

Registration and Race Package Pick-Up Friday, October 11 at Sneakers from 4-7 PM and Saturday morning from 7-10 AM at Crystal Chandelier  
Kid's 1K Fun Race (9 and Under) starts at 10:15 AM • 5K Race starts at 11 AM

This course is a sanctioned, certified and fast 5K out and back course. Race will start and finish in front of Crystal Chandelier  
No bikes, roller blades, skateboards or scooters allowed.

More Information at [www.crystalbeach5k.com](http://www.crystalbeach5k.com)

#### Categories and Awards

Special Awards for Top Overall Male and Female Runners and Walkers

Medals for Top 3 Male and Female Finishers in all age groups  
<9 / 10-14 / 15-19 / 20-24 / 25-29 / 30-34 / 35-39 / 40-44  
45-49 / 50-54 / 55-59 / 60-64 / 70+

Medals for Top 3 Male and Female Walkers

All Finishers Receive a Custom Medal

#### Registration Fees

\$25 if registered by June 30 / \$30 if registered between July 1-Aug. 31  
\$35 if registered after Sept. 1

\$15 Student

\$5 Youth 9 and Under Fun Run

T-Shirts Available for the First 500 Registered Participants Prior to October 1!

Register Online at [www.crystalbeach5k.com](http://www.crystalbeach5k.com)

Make cheques payable to Crystal Beach 5K. Drop off entries at the South Coast Cookhouse, Bridgepoint Chiropractic or to any of the CB5K committee members.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City/Town: \_\_\_\_\_ Province/State: \_\_\_\_\_

Postal/Zip Code: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date (mm/dd/yy): \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Please Select ONE:  Kids Fun Run  5K Run  5K Walk  5K Run/Walk Students 18 Years and Under

Shirt Size (For First 500 Registered):  Small  Medium  Large  Extra Large

In consideration of your acceptance of this entry, I understand, intending to be legally bound, hereby, for myself, my heirs, executors and administrators forever waive, release and discharge any and all damages and causes of suit or action that I may at any time have against the Friends of Crystal Beach, The Town of Fort Erie and The Regional Municipality of Niagara in which this event occurs and all other associations and sponsors for any death, injury, loss or damages occurring prior to, during, or subsequent to the event. I attest and verify that I am fully aware of physical risk of injury or death involved in participating in this event. I acknowledge having read, understand and agree to the above waiver.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Signature of Parent or Guardian if Under 18 \_\_\_\_\_

#### PROUD SPONSORS

