

5th ANNUAL ROUND THE BAY RELAY/ULTRA

See www.roundthebayrelay.com for all the race information.

A 36.8 mile Relay/Ultra around Choctawhatchee Bay on Wednesday, December 31, 2015;

Relay registration on active.com or this form. Ultrasignup.com for Ultra runners.

\$30 per relay runner, \$50 for Ultra, \$5 off for NWFTC members. \$10 Late fee after 11/21.

For more info, contact Dennis at dennissamac@gmail.com . Checks made out to NWFTC.

Mail this form and registration fee to: Dennis Samac, 246 Grandview Ave, Valparaiso, FL 32580

	Print Name	Signature	M/F	10K time	Shirt size	Paid
1						
2						
3						
4						
5						
6						

I know competing in this Relay/Ultra is a potential hazardous activity. I should not enter unless I'm medically able and properly trained. I agree to abide by any decisions of the race officials relative to my ability to safely compete in this event. I, the undersigned, release and forever discharge the cities of Niceville, Destin, Ft. Walton Beach, Shalimar and Valparaiso, the Northwest Florida Track Club, and all agents, representatives and employees thereof, and their successors, from any and all claims and damage whatsoever which I, my heirs, their executors, and administrators have or may have against the cities of Niceville, Destin, Ft. Walton Beach, Shalimar and Valparaiso and the NWFTC, it's agents, representatives or employees by reason of damage or injuries which may be incurred by myself while participating in the activities sponsored by Relay. There are no refunds for the race.