

# Music ~ Food ~ Fun Activities ~ Prizes

10K Competitive Timed Trail Run

5K Run / Fun Walk ~ 1 Mile Fun Walk

***Saturday, January 25, 2020***

at the **Charlotte Harbor Environmental Center**

10941 Burnt Store Road, Punta Gorda, FL 33955



- Online registration ends on Friday, January 17, 2020 on RunSignup.com.
- 10K run begins at 7:45 a.m. ~ 5K fun Run/Walk begins at 8:00 a.m. ~ 1 mile fun walk begins at 8:30 a.m.
- Performance T-shirts guaranteed for all 10K & 5K participants registered prior to December 20, 2019.
- Trophies for competitive run placements & ribbons for the 1 mile fun walkers.
- Food trucks on site ~ Enter to win the Fabulous Door Prize raffle and a 25/25-50 raffle with two lucky winners!
- On-site, day-of registration at this location.
- Go to our website page ([www.checlorida.org/trekforchec](http://www.checlorida.org/trekforchec)) and RunSignup.com for more information!

## Registration Events Fees per participant 10K Competitive Timed Trail Run

Early Bird Special	\$40.00 now – 8/31/2019
Autumn Special	\$50.00 from 9/1 – 11/30/2019
Procrastinator	\$60.00 from 12/1/19 – 1/17/2020

## Registration Events Fees per participant 5K Competitive Timed Trail Run & 5K Fun Walk

Early Bird Special	\$25.00 now – 8/31/2019
Autumn Special	\$30.00 from 9/1 – 11/30/2019
Procrastinator	\$35.00 from 12/1/19 – 1/17/2020

## Registration Events Fees per participant 1 Mile Fun Walk

Flat Fee	\$10.00 now – 1/17/2020
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**SORRY!**

~ NO REFUNDS!  
~ NO RAIN DATE!

[www.checlorida.org/trekforchec](http://www.checlorida.org/trekforchec)

# INDIVIDUAL REGISTRATION FORM

- (Check One)       10K Competitive Timed Trail Run       5K Competitive Timed Trail Run  
 5K Trail Fun Walk       1 Mile Non-competitive Trail Fun Walk\*\*

~~ Please print clearly!! ~~

Name (Last)	First
**Child's Name (Last)	**Child's Name (First)
Address	
City	State      Zip
Country	Postal Code
Phone	Sex      M      F      Age
E-mail	
T-Shirt Size	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <b style="color: red;">No T-shirts for the 1 Mile Fun Walk</b>

\*Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 (if under 18)

**\*\*A parent or guardian must accompany young children on the 1 Mile Fun Walk. No extra charge for accompanying parent.**

\*Signature Confirms: In consideration of the acceptance of my entry, I, for myself, my executors and assigns, do hereby release and discharge the Charlotte Harbor Environmental Center, Inc., the City of Punta Gorda, Charlotte County, the City of Punta Gorda Police & Fire Departments, Charlotte Harbor Preserve State Park, and their members, vendors, staff, agents and volunteers, all race sponsors, all officers of the race and all other participants of the race and events for all legal and equitable claims that I have or may have arising out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate. In the event a claim is adjudicated to be enforceable despite this paragraph, I agree that recovery shall be limited to claims against the applicable insurance coverage of the foregoing released parties claimed against. In the event the race is cancelled, I understand that entry fees will not be refunded and I will consider such fee as a donation to the Charlotte Harbor Environmental Center, Inc. I also give my permission for the free use of my name and/or picture in any broadcast, telecast or other account or promotion of this event. To the extent that any of the provisions of this paragraph are determined to be enforceable, I understand that the remainder of such provisions shall still be enforceable.

**Make your check payable to:**  
**Charlotte Harbor Environmental Center, Inc.**

**To pay by check**, mail completed form and check to:  
 Charlotte Harbor Environmental Center, Inc.  
 P.O. Box 512876, Punta Gorda, FL 33951  
 attn: Trek for CHEC

- To pay by credit card or via PayPal through our website:**
1. E-mail your completed registration form to [chec@checflorida.org](mailto:chec@checflorida.org).
  2. Go to our website, [www.checflorida.org](http://www.checflorida.org), and click on the yellow "Donate" button in the upper right-hand corner of the page.
  3. Choose "pay by PayPal" or "pay by Debit/Credit card" and click.
  4. Immediately click on the "Add Special Instructions to the Seller" link at the top of the screen. Tell us that you've emailed your Trek for CHEC registration form and are paying for your entry. Include your full name and any other necessary or relevant information.
  5. Finish entering the payment information and submit!

**Thank you for your support. We'll see you at Trek for CHEC!**