



November 18, 2017

- Saturday 8:30 a.m. start for 5K and 1-Mile Fun Walk
- 100 Water Ridge Blvd, Auburndale, FL
- Through the beautiful Water Ridge community on Adams Barn Road between Auburndale and Lake Alfred
- All proceeds benefit Polk Training Center, Inc.
- The Center, a 501(c)(3) organization, provides day training programs and employment to individuals with developmental disabilities.

- Race check-in and “day of” registration begins at 7:30 am
- Gentle hilly course surrounded by lakes and orange groves. Water stations midway and at finish line.
- Shirts guaranteed for all participants registered by October 31, 2017.
- Prizes and awards for top 3 male and female finishers and medals for top 3 runners in each age group
- Directions- Adams Barn Road between Lake Alfred and Auburndale off of Old Lake Alfred Road. Take Pierce Street off of 17/92 from L.A. Take Stadium Road from downtown Auburndale.

Go to www.citytocity5k.com for more information and link to online registration.

2017 Entry Form: Completed entry forms can be dropped off at **Polk Training Center, 111 Creek Rd in Lake Alfred** or **The Shop, 329 West Central Avenue, Winter Haven** or mailed to **Polk Training Center, P.O. Box 1345, Lake Alfred, FL 33850**. Checks should be made out to “**Polk Training Center**”. **Registration will also be available beginning at 7:30 am on the day of the event.**

Last name: _____ First name: _____ MI: _____ Sex: M / F

Address: _____ City, State Zip : _____

Age on race day: _____ Email: _____ Phone: _____

T-shirt Size: XS / S / Med / Lg / XL / 2XL **Note: Shirts not guaranteed for entries received after October 31, 2017. Entry fees non-refundable. Event to start rain or shine.**

REGISTRATION (Check one)

5K Race		1 Mile Fun Walk	
<input type="checkbox"/> Age 20 & over	\$25	<input type="checkbox"/> Age 20 & over	\$15
<input type="checkbox"/> Age 14-19	\$15	<input type="checkbox"/> Age 10-19	\$10
<input type="checkbox"/> Age 10-13	\$10	<input type="checkbox"/> Age 9 and under	free
<input type="checkbox"/> Age 9 and under	free		

Yes, I would also like to sponsor a Polk Training Center student for the Fun Walk as they walk to raise much needed funds for their Center. Amount: \$ _____

Signature: _____ Total amount paid: _____

_____ \$ _____

Parent/Guardian if under 18

By signature, I attest that I am physically fit and sufficiently trained to participate in this event. I have full knowledge of the risk involved. Therefore, in consideration of my entry in the “City to City 5k”, I for myself, my heirs, my executors, and administrators waive any and all rights and claims for damages I may have against Polk Training Center, Inc, Water Ridge, FITniche Events Inc, the City of Auburndale, the City of Lake Alfred, all sponsors, promoters and volunteers and any individuals associated with this event and will hold them harmless for any and all injuries I may suffer in connection with this event. In signing this form, I grant all rights to the organizers to use my image in photographs, video, audio, or other recordings of this event.