40th Annual

TRICKER TREK 10K / 5K Run
& 1 MILE NON-COMPETITIVE RUN/WALK

8:00 A.M.
SATURDAY
OCTOBER 26th, 2019

You are invited to the 40th annual Tricker Trek 10K, 5K, and 1 Mile run/walk. Please come and bring a friend. You are encouraged to bring your children. Dress up and enjoy the costume contest. Let’s promote fitness and have fun too! Walkers are welcome!

RUN COURSE: This year’s race will start at the Panama City Beach Conservation Park Visitor Center at the end of Griffin Blvd, which is located one mile west of Hwy 79 off Back Beach Road on Panama City Beach, Florida. The 5K & 10K course are on a hard-packed dirt road, out and back. The one mile run/walk will be on the new paved trails and will cross over some scenic nature boardwalks. Additional parking can be found at Frank Brown Park, which gives you a mile ‘warm up’ walk.

T-SHIRTS: T-shirts to the first 100 registered participants on race day. $15.00 No T-Shirt option will be available race day.
Special Halloween awards will be given. Food and Beverages will be available for all races.

REGISTRATION: 10K & FUN RUN
Registration .................. 6:30 A.M..
5K & 10K ....................... 8:00 A.M..
FUN RUN ...................... 9:30 A.M..

ENTRY FEE: 1 MILE: Kids & Adults: $15 early, late & race day

10K & 5K AWARDS:
1st place OVERALL Male & Female
1st place MASTERS Male & Female
1st place GRANDMASTERS Male & Female
1st place SENIOR GRANDMASTERS Male & Female

Awards three deep in the following age groups:

Halloween costume contest! It’s Halloween, so everyone please wear a costume or something say…”Halloweenish” or your choice - be creative! It’s not necessary to run in your costume. The costume contests & judging will follow both runs. Prizes for most creative, funniest, scariest and cutest.

FOOD & BEVERAGES: Fruit, cookies & drinks will be available after the runs. Water stations on the 10K & 5K course.

FOR ADDITIONAL INFORMATION: Call Gumby Weckherlin (850) 769-1828 or Joe Edgecombe (850) 774-0018

Name............................................................................................................. Age______ Sex
Address.................................................................................................. (As of 10/29/17)

T-SHIRT SIZE: (circle one) Sm Med Large X-Large E-mail address:

Race entered: 10K______ 5K______ One Mile: Adult_____ Kids______

WAIVER:
I assume all risks associated with running this event, including but not limited to, falls, contact with other participants, the effects of weather including high heat and/or humidity; traffic, and the condition of the road; such risks being known and appreciated by me. Having read this waiver and knowing these facts and in condition of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Panhandle Runners & Triathletes Club, the City of Panama City Beach, the County of Bay, the Panama City Beach Conservation Park and all supporting sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the 2019 Tricker Trek 10K, 5K and One Mile Fun Run.

Signature:

MAKE CHECKS PAYABLE TO: Panhandle Runners & Triathletes
P. O. Box 381
Panama City, FL 32402

Date:

or Register on line @ active.com