

# Lake Como Resort

## 25<sup>th</sup> annual *Dare to Go Bare*

### 5K run & 2.5K walk



**Where:** Lake Como Family Nudist Resort, 20500 Cot Road, Lutz, FL 33558

**When:** Sunday April 9<sup>th</sup>, 2017. Check-in starts 7:45 a.m. ~ 5K run at 9:00 a.m. ~ 2.5K walk at 10:00 a.m.

**Course:** The run course is thru the resort's 200 wooded acres including our nature preserve and includes a mix of pavement and field. We are a nudist resort and there will be nude runners – 90% of runners typically run nude at this event – but each runner has the freedom to run either nude or clothed. Photography is restricted to designated event photographers.

**Entry Fee:** run, walk, or both: \$25 early registration fee must be received by March 9<sup>th</sup> to guarantee run tee shirt. \$30 fee thereafter to day of event (tee shirt while they last). **\*Youth Rate (age 30 & under) / also Como residents & preferred members:** \$15 early registration by March 9<sup>th</sup> – \$20 thereafter. A photo ID is required at check-in. Ample free parking is available. No refunds. Event takes place rain or shine. Day-of-event registrations will be accepted until 8:45 am.

**Run Awards:** First place male & female trophies, male & female medals 3 deep in 7 age categories.

Water, fruit & snacks will be provided for runners. Showers, pool, Jacuzzi, sauna. All registered participants may stay the entire day of the run to enjoy all the resort facilities. Runners should arrive by 8:45 a.m. as entrance to the resort will be closed before start of run.

*Additional info & online registration:* [LakeComoNaturally.com/barerun.html](http://LakeComoNaturally.com/barerun.html)

*Additional info & overnight reservations:* **1-877-TRY-LAKE or 813-949-1810**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Birth date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_ (for updates)

Circle shirt size: S M L XL 2X (shirts are only guaranteed to pre-registered entries rec'd by Mar. 9)

In consideration of this entry, I, for myself, my heirs, devisees, executors, administrators and assigns hereby waive, release and discharge any and all claims against the event organizers and sponsors, including but not limited to Lake Como Co-op, Inc., or its members, employees, representatives, or successors, for any and all damages or injuries I may suffer. I further grant Lake Como Co-op, Inc. free permission without limitation to use my image in any broadcast, brochure or account of this event in any medium for any legal purpose.

Signature of runner required \_\_\_\_\_

If runner is under 18, parent or legal guardian must accompany child and sign above on behalf of his/her child.

**\$30** (\$25 by March 9) – *Young adult (30 and under) or child:* **\$20** (\$15 by March 9). *Make checks payable & mail with form to:* Lake Como Co-op, Inc., 20500 Cot Road, Lutz, FL, 33558.