



Hidden River 5K Trail Streak

5K Run & 2K Guided Walk

Hidden River Resort is proudly to present its **Annual 5K Trail Streak**. This 5K trail run and 1 mile guided trail walk are both **clothing optional** which means any state of attire is permissible, but shoes are strongly recommended as the course follows the park's nature trails. Nude and clothing optional races are increasing nationwide. This is the third running event of this type in Florida alone and will benefit the **Golden Retriever Emergency Assistance Team (G.R.E.A.T.) Rescue of Northeast Florida**.

RUNNING/WALKING TRAIL COURSE: The **5K trail run begins at 10:00 am** and is definitely cross country. There is no pavement, only trails. Runners need to keep their eyes on the trails as nature is dynamic and can produce some last minute obstacles. After the run there will be a **1 mile clothing optional guided walk at 11:00 am**. This is a one of a kind event as our naturist naturalist will be giving participants a guided walk along the designated Wood Nymph Trail where participants may learn more about nature ...naturally.

AFTER THE RUN/WALK: Awards, complementary snacks and refreshments will be available after the run and before the walk. You are also invited to spend the rest of the day at Hidden River Resort. The park is clothing optional with the exception of the swimming pool and hot tub which is nude use only. Feel free to take an outdoor shower, a dip in the pool, walk the trails, sun along the secluded beaches on the river, or play Frisbee and other games in the open fields. If you use the pool or hot tub, don't forget a towel. At any nudist facility, proper etiquette requires the placement of a towel between you and anything you sit upon.



Please note that we do not permit cameras on site as you can understand runners may not wish their nude photos be owned by others. Also please note, **no glass containers** of any type on the property (being nude usually means not wearing shoes!).

COSTS: \$20.00 pre-registration prior to April 10 (includes T-shirt). Registration fee after April 10 and on day of the event is **\$15.00** (no t-shirt but a great time). **For more information call 912/843-2603** or www.hiddenriverresort.com . Hidden River Resort is located just 14 miles north of Maccleny, FL, off CR 185, south of Moniac, GA. Clip off the form below and register today! Try it, you'll be in a league of a few!

REGISTRATION FORM - (All Information Is Kept Confidential)

Name _____
Address _____
City _____ State _____ Zip Code _____
Shirt Size (adult sizes only) Small _____ Med _____ Large _____ Extra Large _____

**Please mail your check with this form to:
Hidden River Resort, 223 Reynolds Bridge, St. George, Ga. 31562**

RELEASE STATEMENT

RELEASE: In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assignees, and anyone entitled to act on my behalf, release and discharge **Hidden River Resort**, plus sponsors, their representatives and successors, managers, directors, officials and volunteers of the trails race named above from any and all claims of injury or liabilities of any kind, illness or damages suffered by me, as a result of my participation in or travel to or from this event. I know that running or walking a trail race or event is a potentially hazardous activity. I should not enter and run or walk unless I am medically able to and properly trained. I assume all risks associated with participation in this event, including but not limited to, falls, contact with other participants, the effects of weather, traffic and conditions of the trail. I hereby certify that I am in such physical condition and good health.

Signature: _____ Date: _____
(Parent or guardian if under 18 years old)