

Entry Fees

Make checks payable to Allied Race Management, the run administrator.

Through February 28	\$ 20
March 1 – 19	\$ 25
Run Day	\$ 30
Age 12-under (walk-in only)	\$ 12

T-Shirts

The first 200 entrants will receive a Dri-Fit tee shirt. T-Shirt sizes are not guaranteed for runners who register on race day.

Packet Pick-up

Pick up packets from 10a.m. to 7 p.m. on Thursday, March 18th and Friday, March 19th at race headquarters. (See "Registration" section for the address). Packets and chips will be available on run day from 6:30 a.m. to 7:30 a.m. at the race venue.

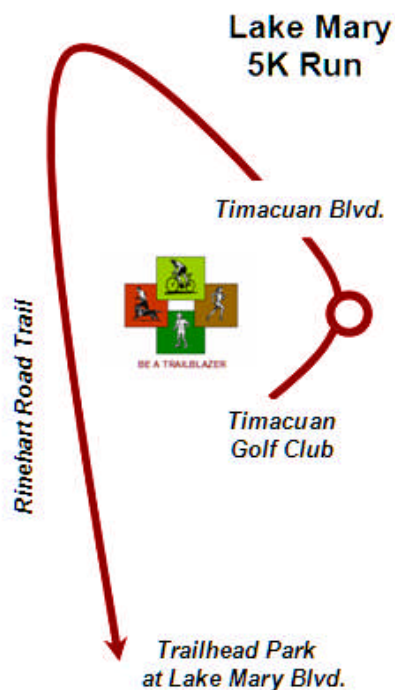
Awards

Overall best male and female runners and the top three male and female finishers in the following categories:

Age Divisions

12 and under	30 – 39
13 – 17	40 – 49
18 – 20	50 – 59
21 – 29	60 +

THE RUN –WALK ROUTE



CITY OF LAKE MARY



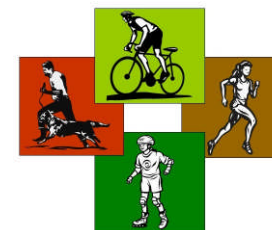
BE A TRAILBLAZER



For information updates , Visit:

www.beatrailblazer.com

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BE A TRAILBLAZER!

Join us for the

LAKE MARY



5th ANNUAL

5K RUN

Saturday

March 20, 2010

8 a.m.

Race begins at the Timacuan Golf Club, 550 Timacuan Blvd. in Lake Mary. See back panel for run route.

Proceeds support local community projects. For more information, visit us at: www.beatrailblazer.com.

The 5K Run

Date & Time

Saturday, March 20, 2010
 6:30 am to 7:30 am Registration
 8:00 am – 5K Run/Walk (3.1 miles)
 9:00 am – Awards Ceremony

Location, Directions & Parking

5K Run/walk will depart Timacuan Golf Club, down Timacuan Blvd. to the Rinehart Road trail, then down the trail to Trailhead Park Finish Line.

To reach run/walk starting point, take I-4 to SR 46A exit. Go east to Rinehart Road. South on Rinehart one block to entrance to Timacuan on left. Turn left onto Timacuan Blvd. and continue to traffic circle. Take the first exit off circle and continue to the Timacuan Golf Club (550 Timacuan Blvd.) parking lot just past entrance. Please park near the back of the lot.

Registration

You may register online by going to the www.frontrunningsports.com or by bringing or mailing your check and this registration form to:

Lake Mary Trailblazers 5K Run
 c/o Front Running Sports
 3801 Lake Mary Blvd. Suite 119
 Lake Mary, Florida 32746

Credit cards accepted for walk-in or online. Checks only for mail-in. Make checks out to Allied Race Management.

ENTRY FORM

ONE ENTRY PER FORM.
 Photo Copies Accepted.

5K RUN

WALK

RUNNER NUMBER
 NUMBER TO
 BE ASSIGNED
 BY OFFICIAL

LAST NAME	FIRST NAME	MI
<input type="text"/>	<input type="text"/>	<input type="text"/>
DATE OF BIRTH (MO, DAY, YEAR)	AGE	T-SHIRT SIZE (Circle One)
<input type="text"/>	<input type="text"/>	MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>
<input type="text"/>	<input type="text"/>	S M L XL
STREET ADDRESS	CITY	STATE
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	5 DIGIT ZIP CODE
<input type="text"/>	<input type="text"/>	<input type="text"/>
CELL PHONE	EMAIL ADDRESS	
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

PLEASE READ AND SIGN THIS WAIVER

Waiver: I know that participating in a run/walk/race event is potentially hazardous. I will not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with the event, including but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity, and the conditions of the road and traffic on the course. All of these risks are known and appreciated by me. I understand that for safety, wheelchairs, jogging strollers, bikes, in-line skates, skateboards and animals are not allowed on the run. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I, for myself, or anyone acting on my behalf waive, release and hold harmless all agents, suppliers, sponsors and affiliates, the City of Lake Mary, Be A Trailblazer Inc. and any and all the aforementioned named parties, respective directors, officers, employees, agents, assigns, representatives, successors and any individual or group associated therewith, from and against all claims, damages, liabilities, costs of expenses of any kind, including reasonable attorneys' fees, arising out of my participation in this event even though that liability may arise out of my negligence or careless and/or the negligence or carelessness of any individual or organization named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, verbal or written statements, or any other record of this event for any legitimate purpose. I am of legal age, have read this release, fully understand it, and freely agree to all of its terms.

Signature _____

Parent Signature (if under 18) _____

Date _____