



Run for Africa 5K

Date & Time

Saturday July 11, 2009
7:30am 5K Run (3.1 miles)
8:30am Kids Run
Awards Ceremony following kids run

Location Winter Springs Town Center

1160 E. State Road 434
Winter Springs, FL 32708

Registration

For easy online registration visit
www.frontrunningsports.com, online
registration open thru Thursday July 9.

Walk in or mail in completed entry form to Race Headquarters at:

Front Running Sports
3801 W. Lake Mary Blvd., Ste 119
Lake Mary, FL 32746 - Ph: 407-322-1211

Make all checks payable to:

Allied Race Management

Entry Fees (entry fees are non-refundable)

Thru July 4 \$20

July 5-10 \$25

Day of Race - \$30 - cash or check only.

FREE kids run to all children, register day of race.

Online registration not available for kids run.

T-Shirts

All registered participants will receive a cotton race t-shirt. Shirt sizes not guaranteed for day of race registration.

Packet Pick-Up

Pick up race number and t-shirt at race headquarters, Front Running Sports, from 10am to 7pm Wednesday, July 8 through Friday, July 10. Packets and timing chips will be available on race day from 6:00am to 7:00am at the race venue.

5k Awards - Chip Timed

Awards are given in overall, and age group categories. Overall awards are given to overall male and female, overall masters male and female. Age group awards are given 3 deep in the following categories for male and female: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over. Only participants who wear the designated timing chip are included in results.

Kids Run: Free to all children Distance vary based on age. Registration is on race day at race site. All kids get a finisher's ribbon.

Beneficiary

Proceeds from the race will benefit Education Programs within Children of the Nations.

Restrictions

For safety reasons, baby-joggers/strollers, in-line skates, headphones, skateboards, and dogs will not be allowed in the race.

www.FrontRunningSports.com

USA Track and Field Certified Course

COTN Run for Africa 5K

Saturday, July 11, 2009

Thru July 4 \$20

July 5 - 10 \$25

Race Day \$30 Cash or Check Only



OFFICIAL USE ONLY

Last Name										First Name										Male		Female	
Address (street)										Apt/Suite#				Date of Birth				Age on Race Day					
City										State		Zip Code				Email Addr							
Home Phone				Day Phone				t-shirt size															
Method of Payment				Cash		Check		Charge		Amount Enclosed				Mail completed entry form to:									
_____ Visa _____ Mastercard										Expiration Date				Front Running Sports									
										Month		Year		3801 W. Lake Mary Blvd., Ste 119									
														Lake Mary, FL 32746									

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED. In consideration of my entry being accepted, I intend to be legally bound and do hereby, for myself, my heirs, executors, waive and release all rights and claims for damages which may have or which may hereinafter accrue to me against Front Running Sports, Allied Race Management, City of Winter Springs, Children of the Nations and the sponsor for the race which I am entering, any subsidiary or political division thereof, of their respective officers, agents, directors, representatives, successors, assigns, and sponsors for any and all damages or injuries which may be sustained and suffered by me in connection with my association with entry or participation in the COTN 5K Run. If I should suffer injury or illness I authorize officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purposes. Bicycles, baby strollers/jogger, dogs, inline/roller skates, earphones, skateboards, are prohibited. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature Required (if under 18, parent signature required)