

Kappa Delta Shamrock 5K

Date & Time

Sunday, March 21, 2010
 Start Time: 8:00 am
 Awards immediately following 5K

Location:

Start and Finish of the race will be at the Kappa Delta House on UCF campus at 4303 Greek Park Drive.

Registration

For easy online registration visit www.frontrunningsports.com, online registration open through **Friday, March 19th.**

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:

(all entry fees are non-refundable/ non transferable)

Through March 13: \$20
 March 14 - March 20: \$25
 Day of Race - \$30 - cash or check only.
Day of Registration opens 7:00 am

T-Shirts

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

Packet Pick-Up

Pre race pick up of race number and t-shirt at the Kappa Delta House at UCF, Friday March 19 thru Saturday March 20 from Noon to 5pm. Packets will be available on race day from 7:00am to 8:00am at the race.

ALL TIMING CHIPS WILL BE DISTRIBUTED DAY OF RACE.

5k Awards - RFID Chip Timed and Scored

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 to each male and female in the following categories: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over. Only participants who wear the designated timing chips are included in race results.

Beneficiary

Proceeds from this event will benefit the Children's Home Society of Florida, and Prevent Child Abuse America.

Restrictions

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

www.FrontRunningSports.com

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Thru March 13: \$20
 March 14 - March 20: \$25
 Race Day \$30 Cash or Check Only

OFFICIAL USE ONLY

Last Name <input style="width: 100%; height: 20px;" type="text"/>	First Name <input style="width: 100%; height: 20px;" type="text"/>	Male <input style="width: 20px; height: 20px;" type="checkbox"/>	Female <input style="width: 20px; height: 20px;" type="checkbox"/>		
Address (street) <input style="width: 100%; height: 20px;" type="text"/>		Apt/Suite # <input style="width: 100%; height: 20px;" type="text"/>		Date of Birth <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>	
City <input style="width: 100%; height: 20px;" type="text"/>		State <input style="width: 20px; height: 20px;" type="text"/>	Zip Code <input style="width: 40px; height: 20px;" type="text"/>		Age on Race Day <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>
Home Phone <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>			Day Phone <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>		Shirt Size <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL
Method of Payment <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Charge <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard			Expiration Date <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>		Amount Enclosed <input style="width: 100%; height: 20px;" type="text"/>
<input style="width: 100%; height: 20px;" type="text"/>			Month <input style="width: 20px; height: 20px;" type="text"/>		Year <input style="width: 20px; height: 20px;" type="text"/>

Mail completed entry form to:
 Front Running Sports
 3801 W. Lake Mary Blvd., Ste 119
 Lake Mary, FL 32746

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED. By indicating your acceptance, you understand, agree, warrant and covenant as follows: As a condition of my entry being accepted I intend to be legally bound and do hereby for myself, my heirs, and executors, waive and release all rights and claims for damages which may hereafter occur to me against Front Running Sports, Inc., Allied Race Management, Inc., Kappa Delta Sorority, City of Orlando, University of Central Florida, and their agents, representatives, successors, assignees, and sponsors from any and all claims or liability of any kind that may arise from my participation in the 2010 Kappa Delta Shamrock 5K, even though that liability may arise out of negligence or carelessness on the part of the releasees. If I should suffer injury or illness, I authorize the officials of the event to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest that I am physically fit and hereby grant full permission to any and all of the foregoing to use photographs, video tape, motions pictures, recordings, or any other record of this event, with my likeness for any purpose whatsoever. I also understand that by registering for this event, I may receive information about future events via the contact information I provide. I AM OF LEGAL AGE AND I HAVE READ AND UNDERSTAND THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature Required (if under 18, parent signature required)