

Race for Health 5K

Presented by Yachter Family Chiropractic

Date & Time:

Saturday, April 10
Time: 7:30am start

Location:

AAA Headquarters
1000 AAA Drive
Heathrow, FL 32746

Registration

For easy online registration visit
www.frontrunningsports.com, online
registration open thru **Thursday, April 8.**

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 April 3 - \$20
April 4 - 9 - \$25
Day of Race - \$30 - cash or check only.
Day of Registration opens 6:30 am

T-Shirts

All registered participants will receive an event
cotton 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 Yachter Family Chiropractic
Thursday April 8 thru Friday April 9 from 10am to 7pm. Location address
is 3577 Lake Emma Road, #121, Lake Mary. Ph: 407-333-2277.
Packets will be available on race day from 6:30am to 7:30am at the race.
ALL TIMING CHIPS WILL BE DISTRIBUTED DAY OF RACE.

Parking:

Day of event parking will be in the AAA headquarters back lot
off of AAA Drive.

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, 60-64, 65-69, 70 and over. Only
participants who wear the designated timing chips are included in
race results.

Restrictions

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

www.FrontRunningSports.com

Race for Health 5K

Thru April 3 \$20
April 4 - April 9 \$25
Race Day \$30 Cash or Check Only

OFFICIAL USE ONLY

Last Name	First Name	Male	Female		
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Address (street)	Apt/Suite #	Date of Birth	Age on Race Day		
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
City	State	Zip Code	Email Addr		
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>		
Home Phone	Day Phone	Shirt Size			
<input type="text"/>	<input type="text"/>	S M L XL			
Method of Payment	Expiration Date		Amount Enclosed		Mail completed entry form to: Front Running Sports 3801 W. Lake Mary Blvd., Ste 119 Lake Mary, FL 32746
<input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Charge	<input type="text"/>				
<input type="text"/>		Month	Year		
<input type="text"/>		<input type="text"/>	<input type="text"/>		

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., City of Lake Mary, Yachter Family Chiropractic, Convergys, 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 Race for Health 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 am also aware that I may receive notifications of future event via the information I provide on this registration. My information will not be sold to any third party vendor. 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)