



PRESENTS



Saturday, September 26, 2015

LOCATION

Seminole Cross Trail at Front Running Sports
1061 South Sun Drive, Lake Mary, Florida, 32746

TIME TABLE

7 a.m.	Late Packet Pickup & Registration
7:30 a.m.	Kick off and Welcome
7:45 a.m.	Late Packet Pickup & Registration ends
8 a.m.	Race Start
9:15 a.m.	Awards Party
9 a.m.	Health Resource Fair opens
10:30 a.m.	Health Resource Fair ends

FEES

\$20 Youth 6-12
\$25 13 and up
Free entry for youth under 6. No registration required.

RESOURCES

Health resource partners will be located in the parking lot in front of Front Running Sports offering educational materials and giveaways. Free and open to the public, immediately following the race:
9 a.m. – 10:30 a.m.

PACKET PICKUP

Seminole Cross Trail at Front Running Sports
1061 South Sun Drive, Lake Mary, Florida, 32746
Thursday, September 24 - 10 a.m. - 7 p.m.
Friday, September 25 - 10 a.m. - 7 p.m.

AWARDS

A finish is a win! All participants who finish the race will be provided with a medal.

RACE T-SHIRT

Sizes are not guaranteed on race day registration. Register now to secure your adult shirt size.

PARKING

Parking will be located at Front Running Sports.

SPONSORS



Male
 Female

City State Zip or Post

Emergency Phone(Day) (Phone) Make Checks Payable to FRONT RUNNING SPORTS

Date of Birth Age on race Day Please check shirt size: Sizes: S M L XL XXL

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 5k race director, Flaco Sports, City of Port Orange, City of Lake Mary, Seminole County, Front Running Sports, Volunteers, and the sponsors of the event 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 Healthy Heart 1 mile, 5k, 10k as is mentioned above. 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 these actions. 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 purpose. Bicycles, baby strollers/joggers, dogs, inline/roller skates, headphones are prohibited. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature of Athlete Parent/Guardian Signature if athlete is under 18 Date