

House of Hope Run Around the Pines 5k presented by Florida Hospital

6th Race on the Track Shack Grand Prix Series

Date & Time

Saturday, February 20, 2010- *Earth Friendly Event!*
 7:30 am: 5k (3.1 miles)
 8:45 am: Florida Hospital for Children Way Cool Kids' Run

Location

Showalter Field, Winter Park.
 2535 Cady Way
 Winter Park, FL 32792
 For directions and parking, run to www.TrackShack.com.

Registration

Register online through Feb. 18 at www.TrackShack.com
 Walk in or mail completed entry form to Track Shack
 1104 North Mills Avenue Orlando, FL 32803
 407-896-1160.
 Make check payable to: **Track Shack Fitness Club**

Entry Fee

Entry fee is non-refundable and non-transferable.

- Through February 13 \$20
- February 14-19 \$24
- Race Day \$30 Cash or Check Only
- Runners & walkers under age 17 & under, 65 & over \$12 (Not available through online registration)

Florida Hospital employees receive a \$2 discount on pre-registration - ID must accompany registration.

T-shirts

All paid entrants receive a beautiful t-shirt. Sizes are not guaranteed on race day registration.

Go Green Shoe Drive

Reach out to our community during this earth friendly event. Bring in your gently used shoes to help support local needs. Shoes will be collected on race day at race site.

Packet Pick-Up

Pick-up race number, T-shirt, D-tag and information at Track Shack, from 10:00 a.m. to 7:00 p.m. Wednesday, Feb. 17 – Friday, Feb. 19. Packets are also available on race day at race site from 6:30 am to 7:15 a.m.

Award- D-Tag Scored 5k

Top three male and female, top male and female master, top male and female grand master, top male and female senior grand master, and the top three finishers in 5 year age divisions will receive awards. The top three overall male and female race walkers will receive awards. Any master athlete that places in the overall division will receive that overall award.

Note: Runners and walkers age eight and above who wear the designated D-Tag are included in the race results.

Special Alumni Awards – The top 3 male and female Winter Park High School Alumni finishers will receive awards. Please check box on entry form.

Race walkers

This is a judged race walking competition. Those who wish to compete in the race walking division need to check-in at the Central Florida Race walkers tent on race day. Normal fees apply.

Florida Hospital for Children Way Cool Kids' Run

Free to all children. Distances will range from 100 yards to 1 mile and children will be placed in age appropriate groups. Everyone must register on race day only to participate. The first 150 registered participants will receive a T-shirt.

Beneficiary

The House of Hope is a non-denominational, not-for-profit organization established to serve as a catalyst to the development of a network of Houses of Hope, a Christian residential program for troubled boys and girls ages 14-17 across the country.

Restrictions– For safety reasons, baby joggers/strollers, bicycles, rollers skates, in-line skates, and dogs will be prohibited from the racecourse. The use of headphones is discouraged.

House of Hope Run Around the Pines 5k

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 Fed 14- Feb 19 \$24
 Race Day \$30 Cash or Check Only
 Runners/walkers 17 & under & 65 & over: \$12

Last Name	First Name	MI	Female	Male	OFFICIAL USE ONLY
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Address (Street)			Apt./Suite #		Date of Birth
<input type="text"/>			<input type="text"/>		<input type="text"/>
City		State	Zip Code (If not USA, Foreign Postal Code)		E-mail Address
<input type="text"/>		<input type="text"/>	<input type="text"/>		<input type="text"/>
Home Phone		Day Phone		T-shirt Size	WPHS Alumni
<input type="text"/> - <input type="text"/> - <input type="text"/>		<input type="text"/> - <input type="text"/> - <input type="text"/>		<input type="text"/> S <input type="text"/> M <input type="text"/> L <input type="text"/> XL <input type="text"/> XXL	<input type="text"/>
Method of Payment <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Charge <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Amer. Ex.					
Make checks payable to Track Shack Fitness Club					
Mail completed entry form to: Track Shack 1104 N. Mills Ave Orlando, FL 32803					
I'd like to make a donation to the Track Shack Foundation \$ <input type="text"/> (enclosed).					

Amount Enclosed

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 Track Shack, Track Shack Fitness Club, Track Shack Foundation, Event Marketing and Management International, Inc., 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 House of Hope Run Around the Pines 5k presented 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, are prohibited. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature Required (Parent signature required if under 18)