

20th Annual July 4th Watermelon 5k

Date and Time

Sunday, July 4th, 2010
 7:30 am: 5k (3.1 miles)
 8:45 am: Kids' Run

Location/ Directions - Mead Garden, Winter Park

Parking will be available in the vicinity of Denning Drive and Orange Avenue. From I-4 take the Fairbanks exit (#87) and head east on Fairbanks to Denning Drive. Turn right onto Denning Drive. **PLEASE NOTE:** Registration and race start is approximately ¼ mile from this parking area.

Awards

In the festive spirit of the holiday, the Watermelon 5k is a non-scored fun-run for runners and walkers of all ages. The top 10 male and female finishers will receive awards. No other times will be recorded. Participants are able to get their finish time from the overhead clock at the finish line. All finishers will receive a special souvenir gift!

Kids' Run

Free to all children. Distances range from 100 to 400 yards. Kids are placed in age appropriate groups. Everyone must register on race day to participate. The first 150 registered participants receive a T-shirt.

Proceeds

By participating in the July 4th Watermelon 5k Run & Walk, you are benefiting the Track Shack Foundation, a local, 501c(3) organization that promotes health and fitness with an emphasis on youth programs.

Entry Fees

Entry fees are nonrefundable. Credit cards accepted on pre-registration.

Thru June 26: \$20

June 27 - July 3: \$24

Runners/walkers age 17-under and age 65-over \$12

*Not available through online registration.

Race Day: \$30 Cash or Check Only

Special Entry Fee for Military Personnel - \$12

Veterans, active duty and reservists from any branch of the U.S. Military. Available only with printable application. Please check box on entry form. Copy of military ID required.

Registration

Walk or mail completed entry form to Race Headquarters:
 Track Shack • 1104 North Mills Avenue
 Orlando, FL 32803 • 407-896-1160
 Make checks payable to: Track Shack Fitness

Packet Pick Up

Pick-up race number, T-shirt, and information at Race Headquarters, Track Shack, Wednesday, June 30th thru Friday July 2nd from 10:00 am to 7:00 pm and on Sat. July 3rd from 9:00 am to 5:00 pm. Packets will also be available on race day at race site from 6:00 am – 7:00 am.

Restrictions - For safety reasons, baby joggers/strollers, in-line skates, skateboards and dogs will not be allowed in the race. The use of headphones is discouraged.

Watermelon 5k

Thru June 26: \$20
 June 27 - July 3: \$24
 Runners age 17-under and age 65-over \$12
 Race Day: \$30 **Cash or Check**
\$12 Military Entry Fee

OFFICIAL USE ONLY

Last Name	First Name	MI	Male	Female	
<input type="text"/>	<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"/>
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"/>
Day Phone		Evening Phone		T-shirt Size	U.S. Military
<input type="text"/>		<input type="text"/>		<input type="checkbox"/>	<input type="checkbox"/>
Method of Payment		Expiration Date:		<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Amount Enclosed <input type="text"/> </div>	
<input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Charge ___ Visa ___ MasterCard ___ Amer. Ex.		<input type="text"/> / <input type="text"/> Month Year			
Make check payable to: Track Shack Fitness Mail completed entry form to: Track Shack, 1104 N Mills Ave Orlando, FL 32803, 407-896-1160					

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, Event Marketing and Management International, Inc., and their sponsors for 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 event 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 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 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 (If under 18, parents signature is required.)