

Zimmerman Kiser Sutcliffe Winter Park Road 10k & 2 Mile presented by Florida Hospital

Date & Time

Saturday, March 13, 2010
 7:00 am: 2Mile
 7:30am: 10k
 Award Presentations: **2 Mile:** 8:15 a.m.; **10k:** 9:00 a.m.
 9:15 am: Florida Children's Hospital Way Cool Kids' Run

New!!! Track Shack Distance Dare

Want to go the extra mile? Spice it up by racing in both the 2 Mile and 10k. Participants will receive results in the 2 Mile, 10k AND the Distance Dare.

Please note the start time of both races to make sure that you can complete the first race before the start of the second one.

Location, Directions & Parking

Park Ave at Morse Blvd. Winter Park, FL 32789
 I-4 to Fairbanks exit (#87). Head east on Fairbanks to Park Avenue. Turn left onto Park Avenue. Parking is available along the streets and at area parking garages.

Registration

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 (Non-Refundable)	10k	2 Mile	Distance Dare (DD)
March 6	\$25	\$20	\$40
March 7-12	\$30	\$25	\$50
Race day Cash/Check only	\$35	\$30	\$60

17 & under & age 65 & over \$12; \$19 for Distance Dare
Florida Hospital employees receive a \$2 discount on pre-registration and online registration. Employee ID must accompany paper registration. Employee ID number and employee code are required for online.

T-shirts

All paid entrants will receive a commemorative T-shirt. Sizes are not guaranteed on race day registration. Distance Dare participants will receive one (1) shirt.

Packet Pick-Up

After you've registered, pick up your packet, race number, and T-shirt at Race Headquarters, **Track Shack**, from 10:00 a.m. to 7:00p.m. Wednesday, March 10 through Friday, March 12. Packets will also be available on race day at the race site beginning at 6:00 a.m.

Awards- Both races D-Tag Scored!

10k: 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 each five year age division will receive awards. **Grand Prix points are awarded in the 10k to runners and walkers age 15+.**

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

The top three overall race walkers will receive awards. Those who wish to compete in the race walking division need to register at the Central Florida Race Walkers' tent on race day. Normal registration procedures and entry fee apply.

2 Mile Fun Run and Walk –The top ten male and female overall winners will receive awards. Top three male and female 8-10 and 11-14 year olds will receive awards and be scored in the Grand Prix.
Note: Runners and walkers age eight and above who wear the designated D-Tag are included in the race results.

Post Race screenings presented by Florida Hospital

Rehabilitation and Sports Medicine! As your exclusive hospital for Orthopaedics and Sports Medicine, we invite you to join us after the race for interactive screenings designed specifically for runners and walkers including injury evaluation, foot and ankle screenings, body fat analysis, blood pressure and more!

Florida Hospital For Children Way Cool Kids' Run

Free to all children. Distances will range from 100 yards to 1 mile and children are placed in age appropriate groups. Registration is on race day at the race site. The first 150 registered participants will receive a T-shirt!

Winter Park Road Race 10k & 2 Mile

10k 2 Mile Distance Dare (DD)

Thru March 6 \$25- 10k \$20-2 Mile \$40-DD
 March 7-12 \$30- 10k \$25-2 Mile \$50-DD
 Race day \$35-10k \$30-2 Mile \$60-DD
Cash or Check only on race day
 17 & under and 65 & over \$12, \$19 for Distance Dare

OFFICIAL USE ONLY

Last Name <input type="text"/>		First Name <input type="text"/>		MI <input type="text"/>	Male <input type="checkbox"/>	Female <input type="checkbox"/>
Address (Street) <input type="text"/>				Apt./Suite # <input type="text"/>		Date of Birth <input type="text"/>
City <input type="text"/>		State <input type="text"/>	Zip Code (If not USA, Foreign Postal Code) <input type="text"/>		E-mail Address <input type="text"/>	
Home Phone <input type="text"/>		Day Phone <input type="text"/>		T-shirt Size		
<input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Charge Method of Payment		<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Amer. Ex.		<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL		
<input type="text"/>				Amount Enclosed <input type="text"/>		

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 \$_____ (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 Winter Park Road Race 10k & 2 Mile presented by Florida Hospital 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 Required (Parent signature required if under 18)