



Race Instructions

RACE SCHEDULE

Friday, July 4, 2014

6:45 am - Military Staycation Winner Announced

7:00 am - 5k Start Time

8:00 am - Watermelon Eating Contest

8:10 am - Team Challenge Check Presentation

8:15 am - Kids' Run

Please arrive 45 minutes to an hour early!

LOCATION AND PARKING

Park Avenue in Winter Park, FL.

251 Park Avenue South

Winter Park, FL 32789

No Parking on Welbourne Ave.

Limited race day side street parking available near Park Avenue. Free all day parking available in 7 municipal parking lots within one block of Park Avenue.

Directions and downtown Winter Park Parking Guide available on www.trackshack.com

Bike to Park Avenue!

The City of Winter Park Bike Valet will be set up in Central Park with a cordoned off area with security for parked bikes!

START

The start is located on Park Ave. near Morse Blvd.

"Pace per mile" signs are provided to assist you with your specific starting group. For safety and courtesy to other participants, please line up according to your anticipated mile time.

EVENT PHOTOGRAPHY

Make sure to wear your bib number on the front, pinned with provided safety pins. Visit www.bbactionphoto.com to view race day photos. Participants will be notified by email when photos are ready for viewing!

FINISH

The finish is located on Welbourne Ave.

RESULTS

In the festive spirit of the holiday, the Watermelon 5k is a non-scored fun-run for runners and walkers of all ages. Participants are able to get their finish times from the overhead clock at the finish line.

AWARDS

The top 10 male and female runners will be scored.

FOOD DRIVE

We're collecting non-perishable food items for the Orlando VA Medical Center's Veterans in Need program. Please bring collected items to the Track Shack tent on race day.

SPECIAL ACTIVITIES & PROMOTIONS

- Complimentary coffee and snow cones provided by Hunter Vision
- After the race freshen up with a hand towel!
- Watermelon Eating Contest
- Military Appreciation Staycation Giveaway
- Face painters
- Icy cold watermelon for everyone!

KIDS' RUN

Free to all children! Register on race day to participate; the first 150 registered participants will receive a t-shirt. The Kids' Runs will start and finish at the finish line.

BENEFICIARY

Proceeds benefit the Track Shack Foundation - A local 501 ©(3) organization that promotes health and fitness with an emphasis on youth programs and athletics.

Together let's thank our participating military personnel and their families who will be wearing a special bib number!

Bicycles, roller skates, in-line skates, and dogs will be prohibited from the race course. The use of headphones is discouraged. Runners and walkers with baby joggers or strollers must start behind designated stroller signage and are required to maintain a 12 minute per mile pace or slower; if pace not maintained, you will not be allowed to participate with a stroller in future events.

COURSE MAP LOCATED ON BACK