

## Port Orange

February 24, 2013

Address: 1000 City Center Cir  
Port Orange, FL 32129

### Race Scoring & Awards

All runners who participate will be provided with a bib and timing chip. The first 500 participants to register receive a custom diecast medal.

\*\*see website for age group awards

### Parking

401 City Center Pkwy, Port Orange, FL 32129

Parking also at Library & YMCA

\*see map for specific parking locations

### Packet Pick-up

Friday at the YMCA 11:00 a.m. - 6:00 p.m. and also at race site on race day from 6:30 a.m. to 7:55 a.m.

### Awesome T-Shirt

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

## Port Orange - Entry Fee - Run/walk 10k & 5k - HEALTHY HEART CHALLENGE

Entry (06/01/12 - 12/31/12) \$30.00

Entry (01/01/13 - 02/21/13) \$40.00

After 02/21/13 \$45.00



### 5k - 8:15 a.m. Start Time

Entry (06/01/12 - 12/31/12) \$18.00

Entry (01/01/13 - 01/31/13) \$20.00

Entry (02/01/13 - 02/21/13) \$25.00

After 02/21/13 \$30.00



### 10k - 7:00 a.m. Start Time

Entry (06/01/12 - 12/31/12) \$25.00

Entry (01/01/13 - 02/21/13) \$30.00

After 02/22/13 \$35.00



### 1 mile - 8:15 a.m.

Entry (06/11/12 - 02/21/13) \$15.00

Entry After 02/22/13 \$20.00



## Lake Mary

April 21, 2013

Address: 1061 S Sun Dr Unit 1017  
Lake Mary, FL 32746

### Race Scoring & Awards

All runners who participate will be provided with a bib and timing chip. The first 200 participants to register receive a custom diecast medal.

\*\*see website for age group awards

### Parking

Parking will be located at behind Front Running and Target.

### Packet Pick-up

Friday - Front Running Sports 11:00 a.m. - 7:00 p.m.

Saturday - Front Running Sports 11:00 a.m. - 5:00 p.m. Race Day at race site from 6:00 a.m. to 7:00 a.m.

### Awesome T-Shirt

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

## Lake Mary - Entry Fee - Run/walk 10k & 5k - HEALTHY HEART CHALLENGE

Entry (08/01/12 - 03/17/13) \$30.00

Entry (03/18/13 - 04/17/13) \$40.00

After 04/17/13 \$45.00

### 5k - 7:00 a.m. Start Time

Entry (08/01/12 - 12/09/12) \$18.00

Entry (12/10/12 - 02/09/13) \$20.00

Entry (02/10/13 - 04/17/13) \$25.00

After 04/17/13 \$30.00

### 10k - 7:00 a.m. Start Time

Entry (08/01/12 - 1/31/12) \$25.00

Entry (2/01/13 - 04/17/13) \$30.00

After 04/17/13 \$35.00

### 1 Mile - 7:00 a.m. Start Time

Entry (08/01/12 - 12/09/12) \$15.00

Entry After 4/17/2013 \$20.00



Name (First)	Last	EMAIL (must provide)	<input type="checkbox"/> 10K	<input type="checkbox"/> 5K	<input type="checkbox"/> FEMALE
Address		Apt./#/Suite	<input type="checkbox"/> 1 mile		<input type="checkbox"/> MALE
City	State	Zip or Post			
Emergency Phone(Day)	(Phone)	Make Checks Payable To: I Love Running P.O. Box 1411 Deland, FL 32721			
Date of Birth	Age on race Day	Shirt Size S M L XL XXL		Youth S M L	
				<input type="checkbox"/> Port Orange <input type="checkbox"/> Lake Mary	

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 Skracdirector, Flaco Sports, Alta Vista 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 1mile, 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 \_\_\_\_\_