



COMMUNITY HEALTH EVENT

PRESENTING SPONSOR:



FLORIDA HOSPITAL
Apopka

RACE DATE: OCTOBER 9, 2016
(MAIL-IN DEADLINE: OCTOBER 4, 2016)

FIRST NAME _____ LAST NAME _____

AGE _____ SEX M F DATE OF ENTRY _____ AMOUNT PAID (\$) _____

STREET ADDRESS _____ APT # _____

CITY _____ STATE _____ ZIP CODE _____

PHONE # _____ EMAIL ADDRESS _____

5K/10K SHIRT SIZE (circle one) S M L XL -----SHIRTS NOT GUARANTEED ON RACE DAY

RACE OPTIONS (circle one): 5K 10K KID'S FUN RUN

FORM OF PAYMENT (circle one): CASH CHECK CREDIT CARD

CC # _____ CCV _____ CARD TYPE _____

NAME AS APPEARS ON THE CARD _____

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and participate unless I am medically able and properly trained. By my signature, I certify that I am medically able perform this event, in good health, and properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but limited to: fall, contact with other participants, effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Apopka Seventh-Day Adventist Church, the Florida Conference of Seventh-day Adventist, Sunbelt Health and Rehab Center, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

PARENT/GUARDIAN'S SIGNATURE (IF UNDER 18 YEARS OF AGE)

DATE

PARTICIPANT'S SIGNATURE DATE SIGNED

DATE

LOCATION & TIME

Sunday, October 9, 2016 - 7:30AM
Apopka Seventh-Day Adventist Church
340 E. Votaw Road, Apopka, FL 32703
Parking is available on church grounds.
Check-in begins at 6:00am until 7:00am.

PRE-PACKET PICKUP EVENT

The Abundant Life Event is free of charge for all who wish to attend. For more info please visit LMDapopka.com

PRE-RACE WARM UP

A guided pre-race warm up will be available for participants at 7:00 am. There is no charge to participate in the warm up.

5K & 10K WALK/RUN

Both the 5k and 10k races will begin at 7:30am from the Apopka Seventh-day Adventist Church using the West Orange Trail that runs directly behind the church. For the first 2 miles all participants (5k and 10k) will be on the same course. After the first 2 miles the course will split and race attendants will guide 5k and 10k participants to their designated paths.

KIDS FUN RUN- 12 & UNDER

The children will use the inner track on the grounds of the Apopka Seventh-day Adventist Church. There will be three heats: 0-5 y/o, 6-9 y/o, and 10-12 y/o beginning at 9:00am. All children's races and activities are free of charge, but all children must be registered by official guardian. Kids shirts are one size fits all ensured through pre-registration.

BENEFICIARY

A portion of the race proceeds will go to help fund programs directly related to educating families in living healthy lifestyles in our community of Apopka. Join us to raise awareness so that our children can reach adulthood at a healthy weight.

ADDITIONAL ACTIVITIES

- Health Fair
- Children's Games & Activities
- *with parental/guardian supervision



REGISTRATION INFORMATION

The 5K/10K and Fun Run is open to all runners, joggers, walkers, and children under 18 with parental permission. Beginners, intermediates and experts are all invited.

HOW TO REGISTER

- * Sign up online at LMDapopka.com
 - * Sign up by using this card and mailing it to 340 E. Votaw Road, Apopka, FL 32703 or faxing it to (407) 889-9761.
- Registration will also take place on the day of the race starting at 6:00am. For more information please call (407) 889-9761 or email letsmove.apopka@gmail.com

ENTRY FEE

Registration 5K		Registration 10K
\$25 until 8/31		\$35 until 8/31
\$30 9/1 - 10/8		\$40 9/1 - 10/8
\$35 race day		\$45 race day

AWARDS

All pre-registered entrants who register by September 9, 2016 will receive a commemorative athletic tech-shirt. All pre-registered after September 9, 2016 will receive a cotton blend t-shirt. All participants will receive a medal. There will be 13 age divisions: 12 and under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and older. An award will be given to the top male & female in each age group.