

For more information please call (407) 889-9761 or [letsmove.apopka@gmail.com](mailto:letsmove.apopka@gmail.com)

Credit Card registrations may be faxed to (407) 889-9761.

Checks must be made and mailed out to the following address: **Apopka SDA Church** 340 E. Votaw Rd, Apopka, FL, 32703.

\*Payments accepted race day.



### Presenting Sponsor:



### LOCATION & TIME

September 22, 2013 at Apopka Seventh-Day Adventist Church, 340 E. Votaw Rd, Apopka, FL, 32703. Parking is accessible in the parking lots available on church grounds. Check-in Registration begins at 6 am and concludes at 7:00 am.

### PRE-RACE WARMUP

A professionally guided pre-race warm up will be available for participants at 6:30 am. There is no extra fee to be able to participate.

### 5K RUN/WALK

**COURSE:** Race begins at 7:30 am from the Apopka Seventh-Day Adventist Church and using the West Orange Trail that runs directly behind the church going for a distance of 5 kilometers (3.1 miles) and looping back to the church grounds.

### KID'S FUN RUN

**FOR CHILDREN UP TO 12 Y/O:** The children will use the inner track on church grounds. There will be three heats in 15 minute intervals beginning at 9:30 am. The "itty bitty" wave is for infants, toddlers, and children under the age of 6 accompanied by parents and strollers (if needed). The second wave is for ages 7-9 running ½ mile. The third wave is for ages 10-12 running one mile. All children races and activities are free of charge, but all children **must be registered by official guardian.**

### BENEFICIARY

A portion of the race proceeds will go directly to help fund programs directly related to educating families in living healthy lifestyles.

### GOALS FOR EVENT

"Let's Move Apopka" wants to encourage healthy kids and families in our community!

Please join us to raise awareness so that our children can reach adulthood at a healthy weight.

### REGISTRATION INFORMATION

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

Fill out the attached entry form and mail to the address below, or fax to: (407) 889-9761. Additional entry forms may be found online at:

<http://www.racesmith.com/races/LetsMoveDayApopka5K.html>

Registration will also be held at the church on race day. For more information please feel free to call the church at (407) 889-9761 or email us at [letsmove.apopka@gmail.com](mailto:letsmove.apopka@gmail.com)

### ENTRY FEE

Pre-registration: \$25.00

Day of Race: \$30.00

*Kid's Fun Run and activities are FREE.*

### AWARDS

All pre-registered entrants will receive a Run/Walk Commemorative T-shirt. There will be 10 age divisions: 9 and under, 10-12, 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. A trophy will be awarded to the top male/female in each age group. Every registered child in the Kid's Fun Run will receive a medal.

### ADDITIONAL ACTIVITIES

Health Fair is open to the public at 9:00 am.

- Free Health Screenings
- Blood Bank
- Local Vendors and booths
- Kids-Activities (With parental or guardian supervision)

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**3<sup>rd</sup> ANNUAL "LET'S MOVE! DAY" APOPKA 5K WALK/RUN AND HEALTH FAIR OFFICIAL ENTRY FORM**  
Race Date September 22, 2013 (Mail-in Deadline: September 16, 2013)

[Grid for FIRST NAME] [Grid for LAST NAME]

FIRST NAME

LAST NAME

[Grid for AGE]

AGE

[M] [F]

SEX

[Grid for DATE OF ENTRY]

DATE OF ENTRY

[Grid for AMOUNT PAID]

AMOUNT PAID (\$)

[Grid for STREET ADDRESS]

STREET ADDRESS

[Grid for APT #]

APT #

[Grid for CITY]

CITY

[Grid for STATE]

STATE

[Grid for ZIP CODE]

ZIP CODE

[Grid for PHONE NUMBER]

PHONE NUMBER

[Grid for ALTERNATE PHONE NUMBER]

ALTERNATE PHONE NUMBER

[S] [M] [L] [XL] [2XL]

ADULT Tech T-SHIRT SIZE\*

**PLEASE CHOOSE ONE:** 5K walk/run

KID'S FUN RUN

\* Adult shirts ensured through pre-registration.

\*\* Children's shirts are "One size fits all" and ensured through pre-registration.

FORM OF PAYMENT

CASH

CHECK

CREDIT CARD

[Grid for CC #]

CC #

[Grid for CCV]

CCV

[VISA] [MC] [AMEX]

CARD TYPE

[Grid for NAME AS APPEARED ON THE CARD]

NAME AS APPEARED 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, and by my signature, I certify that I am medically able to perform this event, am in good health, and am 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 not limited to: fall, contact with other participants, the 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.

\_\_\_\_\_  
PARTICIPANT'S SIGNATURE

\_\_\_\_\_  
DATE SIGNED

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

\_\_\_\_\_  
DATE SIGNED