

DIRECTIONS:

- From I-4 take exit 10 (CR 579/Mango/Thonotosassa
- Head North on HWY 579
- Turn right on W. Pruitt Rd
- Turn right on N. Taylor Rd
- E. L. Bing Park located on your right.



EVENT SPONSOR:

FRIENDS OF THE COUNTY
PARKS

HILLSBOROUGH COUNTY
PARKS, RECREATION AND
CONSERVATION

IT STARTS IN PARKS



Hillsborough County
Parks, Recreation and Conservation

2009 E. L. Bing

Beat the Heat Run Series

5K and 1 Mile Fun Run



Sat. June 13, 2009
Sat July 11, 2009
Sat. Aug. 1, 2009
(Pancake Breakfast)

E. L. Bing Park
7210 N. Taylor Road

Starting Times:

5K—7:30am

1-Mile Fun Run—8:15am

Registration & Fee Structure:

- \$20.00 Adult registration
- \$15.00 18 years and under
- T-shirts guaranteed to the first 75 runners registered.
- Race Day Registration begins @ 6:30am

• Mail Application to:
 H.C. Parks, Recreation and Conservation
 Attn: Mary Clements
 10119 Windhorst Rd
 Tampa, Fl. 33619

• MAKE CHECKS PAYABLE TO
FRIENDS OF THE COUNTY PARKS

• FOR MORE INFO CALL
813-635-3519

AGE DIVISIONS

MALE AND FEMALE 5K RACE

- OVERALL MALE/FEMALE WINNER
- 10 and under, 11-13, 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, AND 75 PLUS

1-MILE FUN RUN

- OVERALL MALE/FEMALE
- 2-4, 5-6, 7-8,, 9-10, 11-12, 13-14, AND 16 OVER

SERIES AWARDS GIVEN OUT AT THE FINAL RACE, WINNER MUST ENTER ALL 3 RACES.



REGISTRATION FORM:

NAME_____

ADDRESS_____

CITY_____ST____ZIP_____

EMAIL ADDRESS:

SEX_____ AGE_____SIZE_____

CHECK/MO_____ CASH_____

RELEASE In consideration of the acceptance of this entry, I hereby for myself my heirs executors, administrators, and assigns, release and discharge the Hillsborough County Parks, Recreation and Conservation Department and the employees and the sponsors from any and all claims for damage suffered by me as the result of participation in or traveling to or from the said event to be held @ E.L. Bing Park specifically release and discharge the said promoters and sponsors listed above whose facilities are being used for the event. I agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility . I also give my permission for the free use of name and picture in the broadcast, telecast, brochure of other written account of the event.

SIGNATURE_____/DATE_____