



# K-SWISS 10K RUN



**RRCA 10K State Championship**  
**USATF Certified Course #FL06059DL**  
**Heritage Harbour, Bradenton, FL**



**Sunday, April 11, 2010 @ 7:30 a.m. DAG CHIP TIMING**

**Location: Central Park, Heritage Harbour, east of I-75 off SR64, Bradenton, FL**

**SCHEDULE: 6:15 a.m. – 7:20 a.m. Packet pick up and race day registration**

**7:30 a.m. Start of 10K race**

**9:00 a.m. Finish line closes; Begin awarding door prizes**

**9:20 a.m. Awards ceremony**

**SHIRTS GUARANTEED TO PRE-REGISTERED RUNNERS ONLY**

**CONTACT: <http://www.BradentonRunnersClub.com> or Tom (941) 792-7930**



Part of the  
**On A Shoestring / BRC Racing Series**

### EVENT SHIRTS

Zorrel short sleeve moisture management shirts in unisex sizes – a **\$24 value**

### EARLY PACKET PICK UP

April 3, 9, & 10 at On A Shoestring, 3633 Cortez Rd W, Bradenton, FL 34210

### SAFETY GUIDELINES

No headphones, baby joggers, strollers, bicycles, skates, or dogs

### AWARDS

Overall, Masters 40+, Grand Masters 50+, SGM 60+, VGM 70+  
3 deep in age groups 14 & under, 15-19, & 5 year age groups 20-24 to 80+

### ENTRY FEES

\$20 postmarked by April 2  
BRC members deduct \$5 on pre-reg.  
**REGISTER ONLINE** until April 8  
★ **NO ACTIVE.COM FEES** ★  
\$30 Everyone on Race Day

Sorry no refunds. This is a fundraiser.

### DIRECTIONS

Heritage Harbour's Central Park  
One half mile east of I-75 on SR 64  
Nearest intersection: Grand Harbour Pkwy and River Heritage Blvd  
Bradenton, FL 34208

From I-75: Take exit 220 and go east on SR 64, turn left into Heritage Harbour. Follow main road to stop sign, you will see lighthouse on your left - turn left and drive to parking lot in front of lake.



## Registration Form

### K-Swiss 10K at Heritage Harbour

**Name** \_\_\_\_\_  
(First) (M.I.) (Last)

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip Code** \_\_\_\_\_

**Phone#** \_\_\_\_\_ **E-mail** \_\_\_\_\_

**Birth Date** \_\_\_\_\_ **Age on Race Day** \_\_\_\_\_  **Male** or  **Female**

**Unisex Tech Shirt Size:** XS Sm Md Lg XL XXL

**Check One:**  XS  Sm  Md  Lg  XL  XXL

### ENTRY FEES

**\$20 postmarked by April 2**  
**\$15 BRC members pre-registered only**  
**\$30 Everyone on Race Day**

### METHOD OF PAYMENT:

Make check payable to: **Bradenton Runners Club**  
Mail with completed entry form to:  
**On A Shoestring, 3633 Cortez Road West,**  
**Bradenton, FL 34210**

**Payment Amount: \$** \_\_\_\_\_

Check  Amex  Visa  Mastercard

Expiration date: \_\_\_\_\_

(Credit card #)

Can be faxed to (941) 739-5502

Sorry no refunds. This is a fundraiser.

**Waiver of Liability and Statement of Fitness:** In consideration of my entry, I hereby for myself, heirs, executors and assigns, waive any and all claims against the Bradenton Runners Club, Manatee County, Lennar, KSC, Heritage Harbour, sponsors, officials, and volunteers in this race for any injuries or illness which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in this event and realize that there may be uneven terrain. In the event the race is cancelled, I understand that entry fees will not be refunded, and I will consider such fee as a donation to the Bradenton Runners Club. I hereby grant permission to the BRC to use my name and photos or any other record of my participation for publicity purposes. **For safety and insurance reasons I agree that the following are not permitted on the race course: headphones or radio headsets, strollers or baby joggers, bicycles, skateboards, rollerblades, or animals.** If I violate the safety guidelines I accept legal responsibility for any injuries I may directly or indirectly cause to self and others. I understand that I may also be disqualified from awards/results at the discretion of the race director.

**Participant's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

(Parent's or Guardian's signature if under 18 years of age)

