



K•SWISS 10K RUN

Heritage Harbour, Bradenton, FL

RRCA-FL 10K State Championship USATF Certified Course #FL06059DL



Sunday, April 19, 2009 @ 7:30 a.m. DAG CHIP TIMING

Location: Central Park, Heritage Harbour, ¼ mile 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
9:05 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

SORRY, NO REFUNDS
THIS IS A FUNDRAISER

DIRECTIONS

From I-75: Take exit 220 (SR64) and go east about a quarter mile. Heritage Harbour is on the north side of SR64 just east of I-75. Once you enter Heritage Harbour, turn left at the stop sign (you'll see lighthouse on your left).

AWARDS

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

ENTRY FEES

\$20 received by mail by April 11
BRC members deduct \$5 on pre-reg.
\$50 Family of 4 by April 11
DO NOT MAIL after April 10
REGISTER ONLINE until April 16
★ **NO ACTIVE.COM FEES** ★
\$30 Everyone on Race Day

EVENT SHIRTS

Brooks Podium short sleeve shirts – 100% moisture transfer polyester; relaxed fit; unisex sizes (\$24 value)

EARLY PACKET PICK UP

April 10, 11, 17, & 18 at On A Shoestring, 3633 Cortez Rd W, Bradenton, FL 34210

SAFETY GUIDELINES

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



Registration Form

Mail to: Steve Litschauer, On A Shoestring, 3633 Cortez Rd W, Bradenton, FL 34210
Register in person at On A Shoestring
Fax with credit card to: (941) 739-5502
Check payable to: Bradenton Runners Club

First Name

Last Name

Address

City

State

Zip Code

Date of Birth

Male or Female

Phone

Age on Race Day

Shirt Size:

XS S M L XL XXL

Check AMEX Visa MC

Exp. Date

Total Amount Due: \$ _____

Credit Card #

Email: _____ Email addresses are used to update you with race details.

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. **The following are not permitted on the race course and are not covered by insurance: headphones or radio headsets, strollers or baby joggers, bicycles, skateboards, rollerblades, and animals.**

Participant Signature: _____

Date: _____

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