



North Central Florida YMCA 1st Annual "Run 4 Strong Kids"



Saturday, September 20, 2008

Location: Southwest YMCA, Gainesville FL. From I-75, drive west on Archer Road. YMCA approx. 3.7 miles on left side.

Register online: www.ncfymca.org, www.floridatrackclub.org, www.active.com. Search "Run 4 Strong Kids," or contact Race Coordinator, Kristina Young, at (352) 374-9622.

Write check out to: NCF YMCA. **Send payment to:** YMCA Run 4 Strong Kids, 5201 NW 34th St., Gainesville, FL 32605.

4 MILE 8 am

Early reg. by 9/6/08*

\$20 per participant (\$18 FTC member)
+\$5 for Dri-Fit T-shirt

\$15 w/out T-shirt

After 9/6/08

\$23 per participant

Free for participants ≤ 17yo

(Packet p/u 7 am, last reg. @ 7:45 am)

RACE COURSE

2.1 miles variable terrain: flat, soft sand, canopy road – 1.9 miles paved

AGE DIVISIONS/AWARDS

M/F: ≤17, 18-20, 21-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-75, ≥ 76

(1st place Masters, Overall M/F;

Top 2 M/F per age group, Caboose,

Athena/Female 140+lb; Clydesdale/Male

165+lb)

Award Ceremony follows all races – Entertainment, food & fun till 12:30pm – Please stay & support all racers as we build strong kids, families and communities.

Youth 1 MILE 10:15 am

Early reg. by 9/6/08*

\$10 per participant

\$6 w/out T-shirt

After 9/6/08

\$12 per participant

RACE COURSE

0.3 mile off-road – 0.7 mile paved trail

AGE DIVISIONS/AWARDS

M/F: 7-8, 9-10, 11-12, 13-14, 15-16

(Top 2 M/F in each age group)

TIKES ON TRIKES 11 am

Early reg. by 9/6/08*

\$5 per participant

Bring your own tricycle

After 9/6/08

\$5 per participant

Bring your own tricycle

RACE COURSE

Trike – obstacle course – sprinkler run

AGE DIVISIONS/AWARDS

3yo, 4yo, 5yo, 6yo

(All participants)

**Early registration guaranteed a shirt*

Registration Form – "Run 4 Strong Kids" – September 20, 2008

Name _____ Daytime Phone () _____ Gender **M F**

Address _____ City/State/Zip _____

Email _____ Age _____ Participating in which event? **4ml 1ml Tikes**

T-shirt: Adult – **S M L XL XXL** Youth/Tikes – **XS S M L** Athena Weight _____ Clydesdale Weight _____

4 Mile*

Early reg. By 9/6/08

- \$20 per participant
- \$18 FTC member
- +\$5 for Dri-Fit T's
- \$15 w/out T-shirts

After 9/6/08

- \$23 per participant
- Free: 17yo and younger
- Not running, please accept entry fee as charitable donation.

Youth 1 Mile*

Early reg. by 9/6/08

- \$10 per participant
- \$6 w/out T-shirt

After 9/6/08

- \$12 per participant

Tikes*

Early reg. by 9/6/08

- \$5 per participant
- Bring your own tricycle

After 9/6/08

- \$5 per participant
- Bring your own tricycle

**All payments non-refundable*

**Early registration guaranteed a shirt*

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and understanding these facts, I, for myself and anyone acting on my behalf, waive, and release, the YMCA, The Florida Track Club, all other sponsors and their representatives from all claims and liabilities of any kind arising out of my participation of this event even though that liability might arise out of negligence or carelessness on the part of persons named in this waiver.

I understand and agree to abide by the insurance restrictions, which prohibit the use of portable sound systems, wheel conveyances (excluding racing wheelchairs) but including skateboards, roller skates or blades, bicycles, etc. Illegible applications may result in disqualification. My entry in this race authorizes the YMCA and the Florida Track Club, organizations conducting races, or sponsors to record the race and its results in any medium and use those recordings in its discretion for any purpose.

The YMCA, The Florida Track Club, organizers, or sponsors in no manner guarantee the accuracy of recording or reporting of results of any race.



Signature of Participant

Date

Signature of parent/guardian if under 18yo

Date