



proudly presents the

# Red Dress Heart Health

## 5K Run / 1 Mile Walk

Saturday, February 13, 2010

7:00 am Registration & Packet Pick-up

8:00 am 5K Race / Walk

Black Diamond Ranch

Off Hwy 491 - 1 Mile North of Hwy 486 Lecanto, Florida

5K Awards (T-Shirts guaranteed to pre-registered only)

Overall Individual Male / Female

Overall Masters (40+) Male / Female

Medals 3 Deep in 5 year Age Groups (9-under thru 75-up)

\*Walk Pre-registered will receive a souvenir t-shirt



At the Heart of Our Community



To benefit the "Women and Children of Citrus County"



[www.citrusroadrunners.org](http://www.citrusroadrunners.org)

5K & Walk Entry Fee Register on-line: [www.Racelt.com](http://www.Racelt.com)

\$15 Pre-Registered Race / Walk (by February 10<sup>th</sup>)

\$13 CRR Club Member (Advanced Registration Only)

\$25 Race Day Registration (All Athletes)

Contact Citrus Road Runners (352) 637-2475  
Marcy L Frisina (352) 344-6420

email: [info@citrusroadrunners.org](mailto:info@citrusroadrunners.org)

email: [mfrisina@citrusmh.org](mailto:mfrisina@citrusmh.org)

Please enter me in the ( ) 5K Run ( ) 1 Mile Fun Run/ Walk Amount Enclosed: \_\_\_\_\_

Make checks payable to: Citrus Road Runners  
P.O. Box 94  
Inverness, FL 34451

Team Name: \_\_\_\_\_

Donation Only: \_\_\_\_\_

T-SHIRT SIZE ( ) S ( ) M ( ) L ( ) XL ( ) XXL is \$2 extra

NAME \_\_\_\_\_ DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
(On race day)

ADDRESS \_\_\_\_\_ E-MAIL \_\_\_\_\_  
(Used for updates and upcoming races)

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE ( ) \_\_\_\_\_

**Red Dress Heart Health 5K Run/Walk RELEASE WAIVER: I understand that Entry Fees are Non-Refundable & Non-Transferable.**

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, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skate boards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by these guidelines. 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 Citrus Road Runners, Black Diamond Ranch, Citrus Memorial Health System, RRCA, DRC Sports, Chris Moling, and all other 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 person named in this waiver. I understand that I may be issued a timing chip for use during the event and that I am responsible for returning the chip after the event or agree to pay a replacement fee of \$30. I also agree that I may be examined and treated if necessary during the course of the race by qualified race personnel in the event medical problems of any cause arise. The race officials or qualified personnel have the right to remove me from the race if, in their opinion, I may be suffering from a life threatening condition. Further, I hereby grant full permission to any and all of the foregoing to use any email, photographs, videotapes, motion pictures, recording or any other record of this event for any purpose whatsoever.

SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_  
(Parent must sign if under 18 years of age)

For Office Use Only

Method of Payment: Cash \_\_\_\_\_ Check # \_\_\_\_\_ Date Received: \_\_\_\_\_ Amt: \_\_\_\_\_ By: \_\_\_\_\_