



Date & Time

Saturday, February 14, 2015
 7:30 am: 5k (3.1 miles)
 8:45 am: Healthy 100 Kids' Run

Location

Showalter Field
 2525 Cady Way
 Winter Park, FL 32792
 For directions and parking, run to www.TrackShack.com.

Registration

Register online through Feb. 12 at www.TrackShack.com
 Walk in or mail completed entry form to Track Shack
 1104 North Mills Avenue Orlando, FL 32803

Make check payable to: Track Shack Fitness Club

Entry Fee

Entry fee is non-refundable and non-transferable.
 Through February 7 \$25
 February 8-13 \$29
 Race Day \$35 Cash or Check Only
 17 & under and 65 & older: \$10 OFF through Feb. 13
 Race day at race site: \$35 Cash or Check Only

T-shirts

All paid entrants receive a beautiful t-shirt. Sizes are not guaranteed on race day registration.

Packet Pick-Up

Pick-up race number, T-shirt, B-tag and information at Track Shack, from 10:00 am to 7:00 pm Wednesday, Feb. 11 – Friday, Feb. 13. Packets are also available on race day at race site starting at 6:00 am.

Award- B-Tag Scored 5k

Quality awards are given in overall, age group and race walking categories! For complete description visit TrackShack.com
 Note: Runners and walkers age eight and above who wear the designated B- Tag are included in the race results.

Special Alumni Awards

The top 3 male and female Winter Park High School Alumni finishers will receive awards. Please check box on entry form.

Healthy 100 Kids' Run

Free to all children. Distances will range from 100 yards to 1 mile. The first 125 registered participants will receive a cotton t-shirt. All children receive a finishers' ribbon! Kids' run registration is on race day at race site

5k to \$500 for Your School

Encourage your school's students, teachers and parents to participate together for school spirit and earn money for your PTA!

Beneficiary

By participating you are benefiting the Track Shack Foundation, a local, 501c(3) organization that promotes health and fitness with an emphasis on youth programs.

Restrictions

Bicycles, in-line skates, skateboards, and dogs will not be allowed in the race. The use of headphones is discouraged. Participants with baby joggers or strollers must start behind designated stroller signage and are REQUIRED to walk/jog no faster than 15 minute per mile; stroller/jogger operators may not weave through packs of runners, and must always yield the right of way to other runners. Failure to comply will result in deletion from official race results and disqualification from participating with a stroller in future events.

Run Around the Pines 5k

Entry Fee - Thru Feb 7 \$25
 Feb 8 - Feb 13 \$29
 Race Day \$35 Cash or Check Only
 17 & under, 65 & older: \$10 OFF through Feb. 13. \$35 on race day

OFFICIAL USE ONLY

Last Name	First Name	MI	Female	Male	Is this your first 5k?
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Y <input type="checkbox"/> N
Address (Street)			Apt./Suite #		Date of Birth
<input type="text"/>			<input type="text"/>		<input type="text"/>
City		State	Zip Code (If not USA, Foreign Postal Code)		E-mail Address
<input type="text"/>		<input type="text"/>	<input type="text"/>		<input type="text"/>
Home Phone		Day Phone		T-shirt Size	WPHS Alumni
<input type="text"/>		<input type="text"/>		<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL	<input type="checkbox"/>
Method of Payment	Cash <input type="checkbox"/> Check <input type="checkbox"/> Charge <input type="checkbox"/>		Enter V-code (Security)		Make checks payable to Track Shack Fitness Club
<input type="checkbox"/>	___ Visa ___ MasterCard ___ Amer. Ex.		<input type="text"/>		Mail completed entry form to: Track Shack 1104 N. Mills Ave Orlando, FL 32803
<input type="text"/>					I'd like to make a donation to the Track Shack Foundation \$_____ (enclosed).

Amount Enclosed

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED. In consideration of my entry being accepted, I intend to be legally bound, and do hereby, for myself, my heirs, executors, waive and release all rights and claims for damages which may have or which may hereinafter accrue to me against Track Shack, Track Shack Fitness Club, Track Shack Foundation, Event Marketing and Management International, Inc., USA TF and the sponsors of the event which I am entering, any subsidiary or political division thereof, of their respective officers, agents, directors, representatives, successors, assigns, and sponsors for any and all damages or injuries which may be sustained and suffered by me in connection with my association with entry or participation in Run Around the Pines 5k presented as is mentioned above. If I should suffer injury or illness I authorize officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for these actions. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. The use of headphones is discouraged. Runners and walkers with baby joggers or strollers are required to follow stroller restrictions and check-in on race day. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature Required (Parent signature required if under 18) _____ Date _____