

Florida Hospital Lady Track Shack 5k

Date & Time

Saturday, January 28, 2017
 7:30 am: 5k run/walk
 8:45 am: Kids' Run
 9:00 am: Awards Presentation

Location & Parking

Loch Haven Park
 777 E Princeton St.
 Orlando, FL 32803

Virtual Race

Run to www.TrackShack.com for info!

Registration- Capacity: 3,200

Walk or mail completed entry form to: Track Shack • 1104 North Mills Ave. Orlando, FL 32803 • 407-896-1160.

Make all checks payable to: Track Shack Fitness Club

Entry Fee

Entry fees are non-refundable & non-transferable.

Thru Jan. 14	\$38
Jan 15- Jan. 27	\$42
Race day	\$48

17 & under and 65 & older: \$10 OFF through Jan. 27

Race day at race site: \$48

Florida Hospital Employees receive a \$2 discount on pre-registration only. Code & employee ID required.

Packet Pick-Up

After you register, pick up race number, shirt, Motivate Wrap and information at Track Shack, from 10 am to 7 pm, Wed. Jan. 25 through Fri. Jan 27. Packets will also be available race day at race site from 6:30 am.

Cancer Survivors

All cancer survivors receive a special race number. Please check survivor box on the entry form. Survivors receive a special gift!

Pink Supporter

Become a Pink Supporter for an additional donation of \$10. With this upgraded registration you'll receive extra recognition through a keepsake race number. Proceeds go to under-served and uninsured women in our community

Long Sleeve Tech Shirts

Girls just want to have fun! Registered participants receive a Raw Threads long sleeve tech tee ! Pre-registration is strongly recommended. Sizes not guaranteed day of race.

Awards- 5k B-Tag Scored

The top five overall female runners, top master, top grand master, top senior grand master and the top three overall race walkers will receive awards. The top 3 age group runners will receive awards.

Note: Runners and walkers age seven and above who wear the designated B- Tag are included in the race results. Eight and above qualify for awards.

Kids' Run

Free to all children. Distances will range from 100 to 400 yards and children will be placed in age appropriate groups. Everyone must register on race day to participate. The first 100 registered participants will receive a t-shirt.

Beneficiary & Fundraising

Race proceeds go directly to the Florida Hospital Breast Cancer Care Fund. Help us raise money for local women who don't have the resources to get annual mammograms or other diagnostic screenings. Run to www.TrackShack.com to Fund a Mammo.

Restrictions

This is a women's only event. Bicycles, roller skates, in-line skates, and dogs will be prohibited from the race course. 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.

Lady Track Shack 5k

Entry Fee - Through Jan. 14 \$38
 Jan. 15 - Jan. 27 \$42
 Race Day \$48
 17& under, 65 & older: \$10 OFF through Jan. 27
 \$48 on race day

Become a Pink Supporter and support uninsured women, for an additional donation of \$10!

OFFICIAL USE ONLY

Last Name <input style="width: 100%; height: 20px;" type="text"/> Address (Street) <input style="width: 100%; height: 20px;" type="text"/> City <input style="width: 100%; height: 20px;" type="text"/> Home Phone <input style="width: 20%; height: 20px;" type="text"/> - <input style="width: 20%; height: 20px;" type="text"/> - <input style="width: 60%; height: 20px;" type="text"/> Method of Payment <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Charge ___ Visa ___ MasterCard ___ Amer. Ex. <input style="width: 100%; height: 20px;" type="text"/>	First Name <input style="width: 100%; height: 20px;" type="text"/> Apt./Suite # <input style="width: 100%; height: 20px;" type="text"/> State <input style="width: 20%; height: 20px;" type="text"/> Zip Code (If not USA, Foreign Postal Code) <input style="width: 40%; height: 20px;" type="text"/> Day Phone <input style="width: 20%; height: 20px;" type="text"/> - <input style="width: 20%; height: 20px;" type="text"/> - <input style="width: 60%; height: 20px;" type="text"/> Enter V-code (Security) <input style="width: 20%; height: 20px;" type="text"/>	MI <input style="width: 20px; height: 20px;" type="text"/>	Cancer Survivor <input type="checkbox"/>	Is this your first 5k? <input type="checkbox"/>	Date of Birth <input style="width: 20%; height: 20px;" type="text"/> <input style="width: 20%; height: 20px;" type="text"/> <input style="width: 20%; height: 20px;" type="text"/> Age (on Race day) <input style="width: 20%; height: 20px;" type="text"/>	E-mail Address <input style="width: 100%; height: 20px;" type="text"/> Shirt Size (Raw Threads Gender Specific) <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL
Amount Enclosed <input style="width: 100%; height: 20px;" type="text"/>			Make checks payable to Track Shack Fitness Club Mail completed entry form to: Track Shack 1104 N. Mills Ave Orlando, FL 32803 I'd like to make a donation to the Track Shack Foundation \$_____ (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., USATF 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 the Lady Track Shack 5k 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. Bicycles, dogs, inline/roller skates, are prohibited. 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 _____