



Date & Time

Saturday, January 14, 2017
7:30 am: 5k (3.1 miles)
8:45 am: Florida Hospital for Children Kids' Run
9:00 am: Awards Ceremony

Location, Directions & Parking

Central Park on Park Ave. in Winter Park.
Take I-4 to Fairbanks exit (#87). Exit and head east on
Fairbanks to New York Avenue. Turn left onto New York Ave. Go
two or three blocks and look for parking along side streets.

Limited parking available at parking garage on Canton Ave. just
east of New York Avenue.

Registration

Walk or mail completed entry form to Race Headquarters:
Track Shack • 1104 North Mills Avenue
Orlando, FL 32803 • 407-896-1160
Make all checks payable to: Track Shack Fitness Club

Entry Fee

Entry fees are non-refundable and non-transferable.
Through December 31 \$33
January 1 - 13 \$36
Race Day \$40
17 & under and 65 & older: \$10 OFF through Jan. 13
Race day at race site: \$40

Florida Hospital employees receive a \$2 discount on pre-
registration! ID must accompany online and paper registration.

Shirts

All paid entrants will receive a gender specific tech 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 on Wednesday, Jan. 11 through Friday,
Jan. 13. Packets will also be available on race day
at the race site from 6:30 am to 7:30 am.

Awards - B-Tag scored

Quality awards are given in overall, age group
and race walking categories! For complete
description visit **TrackShack.com**

*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.*

Florida Hospital for Children Kids' Run- FREE!

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

Beneficiary

Proceeds from the Park Avenue 5k presented by Florida Hospital will
benefit the Boys & Girls Clubs of Central Florida and the Track Shack
Foundation.

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.

Park Ave. 5k

Presented by Florida Hospital

Entry Fee Through Dec. 31 \$33
Jan. 1-13 \$36
Race Day \$40
17& under, 65 & older: \$10 OFF through Jan. 13
\$40 on race day

Last Name		First Name		MI	Male	Female	Is this your first race	
<input type="text"/>		<input type="text"/>		<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Address (Street)		Apt./Suite #		Date of Birth		Age (on Race day)		
<input type="text"/>		<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		Shirt Size				
<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		
Method of Payment		Enter V-Code		Make checks payable to Track Shack Fitness Club				
<input type="text"/>		<input type="text"/>		Mail completed entry form to: Track Shack 1104 N. Mills Ave Orlando, FL 32803				
<input type="text"/>		Expiration Date:		I'd like to make a donation to the Track Shack Foundation \$ (enclosed).				
<input type="text"/>		<input type="text"/>						
		Month Year						

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 Foundation, Track Shack Fitness Club, 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 Park Avenue 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. 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