Date, Time & Location
Tuesday, July 4th, 2017
7:00 am: 5k (3.1 miles)
8:00 am: Watermelon Eating Contest
8:15 am: Kids' Run

251 Park Avenue South
Winter Park, FL 32789

Entry Fee & Registration
Entry fees are non-refundable & non-transferable.

Through June 20	$30
June 21 –July 3	$33
Race day	$38

17 & under and 65 & older: $10 OFF through July 3
$38 on race day

Military and family (Military ID card required to pick up race packet) - $10 OFF through July 3. $38 on race day

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

Bib/Shirt Pick Up
Pick-up your race number, shirt, and race information at Track Shack: Friday, June 30th from 10:00 am to 7:00 pm, Saturday, July 1 from 9:00 am to 5:00 pm and Monday, July 3 10:00 am to 7:00 pm. Packets will also be available on race day at race site from 5:30 am - 7:00 am.

Awards
The Watermelon 5k is a non-scored fun-run. The top 10 male and female finishers will receive awards. No other times will be recorded. Participants are able to get their finish time from the overhead clock at the finish line. *First 3,000 finishers will receive a mini flag.*

Kids' Run- FREE!
Distances range from 100 to 400 yards. Registration is on race day only. The first 150 registered participants receive a T-shirt.

11th Annual Watermelon Eating Contest
3 men & 3 women will be chosen to participate. All interested participants may sign up on race day at the Track Shack tent.

Watermelon 5k Team Challenge
Create a team and show your support of our local military! The team with the most participants (minimum 15) will have a $500.00 donation made on their behalf to a local 501© (3) organization that supports military service.

Proceeds
Proceeds will benefit the Track Shack Youth Foundation.

Restrictions
Bicycles, roller skates, in-line skates, and dogs will be prohibited from the race course. 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.

Watermelon 5k

Entry Fee - Through June 20	$30	
June 21 - July 3	$33	
Race Day	$38	
17 & under and 65 & over	$10 OFF through July 3. $38 on race day	
U.S. Military and family	$10 OFF through July 3. $38 on race day	

OFFICIAL USE ONLY

Last Name | First Name | MI | Male Female | Military

Team Name- Team should have already been created online.

Address (Street) | Apt./Suite # | Date of Birth | Age (on Race day)

City | State | Zip Code | Is this your first 5k? Y N | E-mail Address

Home Phone ___ - ___ - ____ | Day Phone ___ - ___ - ____

Shirt Size: S M L XL XXL

Method of Payment: Cash ___ Check ___ Charge ___ ____Visa ____MasterCard ____Amer. Ex. Enter V-code ___

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).

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, USATF, Event Marketing and Management International, Inc., 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 July 4th Watermelon 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. 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***_____