

5K Run/Walk

All proceeds to benefit **American Heart Association**

Sponsors: **CHELCO & CSI**, Working Together for a Better Community

- Date/Time:** Saturday, September 10, 2011 – 8 a.m. * **Little Red Hen Production* Race Management and Timing**
- Location:** Circle Drive around Lake DeFuniak in Historic DeFuniak Springs FL
- Parking:** First Baptist Church on Live Oak Avenue, and downtown area on Baldwin Avenue
- Course:** Course mostly flat, concrete/asphalt: Start at Amphitheater on Circle Dr, to East Main Ave, right on Florence, right on College Ave, left on Circle Dr, left on Plateau, right on Clay St, cross 11th St to Acadia Ave, right on 13th St, right on Live Oak Ave, left on Circle Dr, finish at Amphitheater. *See Map below.
- Awards:** **Runners:** Overall Male/Female, Top Master Male/Female, Grand Master Male/Female, Top in each age group Male/Female: 0-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+
- Walkers:** Overall Male/Female, Top Male/Female each age group: 0-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+
- Wheelchairs:** Overall Winner
- Fun Run:** **Kids 10 & Under** 1 Mile Fun Run begins after 5K at approximately 9 a.m. at bottom of Lake Yard around the lake. Overall 1st Boy & Girl, Top Boy & Girl in each age group: 0-2, 3,4,5,6,7,8,9 & 10

Refreshments, Door Prizes, Awards, Music!

- Entry:** \$25 on Race Day (registration 7 - 7:45 a.m.)
\$20 Early bird registration-deadline Sept 3
\$10 Fun Run Kids 10 & Under

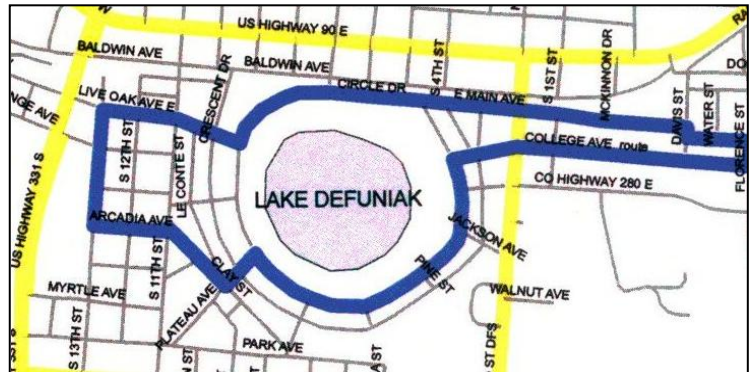
Mail early registration form and entry fee to:

Loop the Lake 5K
c/o CHELCO
P O Box 512
DeFuniak Springs FL 32435

*Make checks payable to: **American Heart Association***

Please: No pets, strollers, bicycles or skateboards

For more Info call Kathy Morrow at (850)892-2111 or email at kmorrow@chelco.com.



Entry Form (one per participant) *** Runners and Walkers will start 15 minutes apart ***

Name _____ Age on 9/10/11 _____ (required) Male ___ Female ___
Address _____ City _____ State _____ Zip _____
Email Address _____ Phone _____

Early Registration T-shirt Size (check one): Youth S ___ M ___ L ___ Adult S ___ M ___ L ___ XL ___ 2XL ___ 3XL ___

FREE T-SHIRTS TO PRE-REGISTERED ENTRANTS ONLY!

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 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/or humidity; traffic; and the conditions of the road, all such risks being known and appreciated by me. 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 officials, sponsors, American Heart Association, and the City of DeFuniak Springs from all claims or liabilities or any kind arising out of my participation in the Loop the Lake 5K Run. I further state that I am in proper condition to participate in this event.

Signature _____ Date _____
(Signature of Parent/Guardian of entrants under 18) **Please Circle: Runner Walker**

Thanks to our Sponsors: **CHELCO & CSI – Working Together for a Better Community**

Touchstone Energy, PowerSouth, WZEP AM 1460