



Presented by  
**RIVERSIDE BANK**

**October 10, 2009**  
**8:00 am**  
**Circle B Bar Reserve**  
**4399 Winter Lake Road,**  
**Lakeland FL**

- ◆ 5K (3.1 miles) environmentally friendly race on dirt and grass trails
- ◆ All pre-registered participants will receive a reusable aluminum water bottle at the end of the race.
- ◆ Eco-friendly awards will be given to the top 3 finishers in each age group
- ◆ Organically grown fruit provided at the end of the race
- ◆ All participants eligible for prize giveaways, including Brooks shoes and other items from FITniche
- ◆ All racers receive 15% off at FITniche on race day
- ◆ Register online at [www.active.com](http://www.active.com) or at FITniche
- ◆ Registration \$15



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_

E-mail: \_\_\_\_\_

Entry fees are nonrefundable. Waiver: I hereby, for myself, my heirs, my executor and administrators, waive and release all claims for damages I may have against the Lakeland Runners Club, Inc., all sponsors, volunteers, officials and organizers of this event. I attest and verify that I am physically fit and sufficiently trained for the competition of this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Make checks payable to LRC, Inc. Mail to PO Box 1484 Lakeland, FL 33802



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