



Presented by
RIVERSIDE BANK

October 23, 2010
8:00 am
Circle B Bar Reserve
4399 Winter Lake Road,
Lakeland, FL

- ◆ 5K (3.1 miles) 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 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
- ◆ The FITmobile will be there filled with discounts and special deals
- ◆ 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

