

RRCA National
 Championship 5K
 Race around a lake
 full of swans! USATF
 Certification code
 FL09122EBM

A 10K with hills that
 will test you! USATF
 Certification code
 FL09123EBM

And... A 15K
 Challenge
 [Run Both 5K & 10K]



Saturday
 April 24, 2010
Lake Mirror Center
Lakeland, Florida
 7:00 a.m. - 10K Start
 8:30 a.m. - 5K Start
 9:15 a.m. - Kid's 1K



Entry Fees: **5K and 10K** - \$20 thru April 17/\$25 April 18 thru April 23 @ 6:00 pm EDT **No race day registration.**
 Kids Race [Age 10 & Under only] is Free BUT Must Pre-Register. Youth Shirts, S M & L will be provided!
15K Challenge** (5K and 10K - complete both races) - \$40 thru April 17/\$50 April 18 thru April 23 @ 6:00 pm EDT... **No race day registration...** A special commemorative "award" will be given to all persons who document successful completion of both 5K & 10K races.
 Make checks payable to the Lakeland Runners Club.

Registration: **Online** thru April 21 @ Midnight EDT at http://www.active.com/event_detail.cfm?event_id=1837231
 [Additional Processing Fee Will Be Charged by active.com] OR...
Mail entries to Race The Lakes, P.O. Box 1484, Lakeland, FL 33802 by April 21, OR...
 Register **in person** at the **Lakeland Center [Sikes Ctr.]**, RRCA Convention, April 22- April 23 - 6:00 pm EDT.

Packet Pick-up: Packets can be picked up at the **Lakeland Center [Sikes Ctr.]** April 22 thru 23 from 8 a.m. thru 6 p.m.

& Amenities: OR on **Race Day** at **Lake Mirror Center** beginning at 5:30 a.m.
 Electronic Timing; colorful race T-shirt; awards in 17 age groups 10 & Under thru 80+ plus AND Overall male and female, overall Masters [40+] male and female, and overall Grand Masters [50+] male and female; and plenty of refreshments.

Race The Lakes Entry Form

Last Name										First Name										MI		Male		Female	
Address (Street)										Apt./Suite #										M M		D D		Y Y	
City										State		Zip Code (or Foreign Postal Code)						Age Race Day							
Phone Number										Shirt Size				Please Mark <input checked="" type="checkbox"/> One of the Four Boxes Below for the Race You Are Entering											
										S M L XL				<input type="checkbox"/> 5K		<input type="checkbox"/> 10K		<input type="checkbox"/> 15K**		<input type="checkbox"/> Kids 1K					

Entry fees are nonrefundable. In signing this 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 to participate in this event.



Signature _____ Date _____

Parent/Guardian Signature [If under 18] _____