

**FIT2RUN**  
THE RUNNER'S SUPERSTORE



3<sup>RD</sup> ANNUAL

# 4 MILE CROSS COUNTRY RUN

Proceeds benefit:

**EMERGENCY SERVICES  
MEMORIAL FUND**

including **KID'S RACES 3 YRS TO 12 YRS**

## SATURDAY, SEPTEMBER 17<sup>th</sup> - 7:30 AM

at University Park Country Club, 7671 The Park Boulevard, University Park, FL 34201



### A GENTLE FOUR MILE RUN THROUGH THE BEAUTIFUL ROLLING GOLF COURSE

Set aside your nine iron and don your running shoes to enjoy the setting at University Park Country Club. The golf and race course is set in a magnificent, gently nestled natural enclave, far removed from the urban pace; here nature has been preserved to provide a backdrop of rare beauty. Best of all runners do not have to pay GREEN FEES!

The proceeds from this race benefit the EMERGENCY SERVICES MEMORIAL FUND, created by committee of the Manatee County Fire Chiefs Association for Emergency Workers in Manatee County. The funds would be available to be issued immediately, to assist the families of an emergency worker who was killed or suffered a serious injury in the line of duty!

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Emergency Fund



- 4 MILE RUN start: 7:30 am
- KID'S Races start: 8:30 am
- Registration start: 6:00 am

or at Fit2Run store hours September 10<sup>th</sup> through September 15<sup>th</sup>.

- Great performance Tech shirts to the first 700 registrants
- Great post race party, Complimentary beverages & beer (with proper ID)
- Age group awards
- Finisher medals to Kids, Trophies to Kids 1st thru 3rd in age groups.
- Chip timing
- Club Fit2Run, BRC, MTC, LWRR receive special discount (in store only)

competitor



NEALCOMMUNITIES.COM  
Building Home. Life.

Register on line at [www.active.com](http://www.active.com).

For information and forms: [www.runnergirl.com](http://www.runnergirl.com) or [www.fit2run.com](http://www.fit2run.com)

# For more information, call (941) 358-5100



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3<sup>RD</sup> ANNUAL  
**4 MILER** CROSS COUNTRY RUN

**SATURDAY SEPTEMBER 17<sup>TH</sup>, 2011 - 7:30 AM**  
**RACE BENEFITS 9/11 EMERGENCY SERVICES MEMORIAL FUND**



**SATURDAY, SEPTEMBER 17<sup>TH</sup> at 7:30 am.** Kid's Races at 8:30 am. Registration starts at 6:00 am. Follow the signs! Pre-registration, shirt, bib, and packet pick up September 10<sup>th</sup> to September 15<sup>th</sup>, during store hours at Fit2Run University Center, 8429 Cooper Creek Blvd., (now located in our permanent location next to Lee Roy Selmon's Restaurant) University Park, FL 34201. Tele 941 358-5100.



**4 MILE MILD CROSS COUNTRY RUN IS CHIPPED TIMED** and follows a gentle rolling course around the beautiful UPCC Golf course. The Kid's races are in four heats: 3 to 4 yrs run 100 meters at 8:30 am; 5 to 6 yrs run 200 meters at 8:35 am; 7 to 9 yrs run 400 meters at 8:40 am; and the biggies 10 yrs to 12 yrs run 800 meters at 8:50 am.



**GREAT AWARDS:** M/F Overall, All winners in their respective groups receive beautiful handcrafted award tiles: M/F Masters; M/F Grand Masters; M/F Sr. Grand Masters; M/F Veterans. Then age group awards three deep 14 and under; 15-19; then 5 year age groups from 20-24 to 80+. Finisher medals to all kids, official race t-shirt, bib, and packet.



**GREAT POST RACE PARTY** at the beautiful outdoor Country Club veranda. Food & Refreshments. Beer with proper ID. Awards immediately following the run.



**CHECK OUT THE OTHER FIT2RUN HOSTED RACE EVENTS:** 10/22 Creaky Bones, Nathan Benderson Park, Sarasota; 10/27 Creaky Bones St Pete, THE PIER; 12/31 Manatee River Run, Snead Island, Palmetto; 3/23/12 4<sup>th</sup> Annual Robinson Preserve 5K Twilight Run, Robinson Preserve, Bradenton.



**DIRECTIONS:** 1.8 miles west of I-75, exit 213 or 4 miles east of the Sarasota/Bradenton Airport on University Parkway. From the entrance of the Country Club, proceed to the second stop sign after the gate house and turn right. Watch for parking signs or marshalls.

THANK YOU TO OUR SPONSORS:



**REGISTER ONLINE: [www.active.com](http://www.active.com)**

OR FILL OUT THE FORM BELOW. PLEASE PRINT CLEARLY. PLEASE COMPLETE ENTIRE FORM.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Birthday [DD/MM/YYYY]: \_\_\_\_\_ Age on Raceday: \_\_\_\_\_  Female  Male

E-Mail: \_\_\_\_\_ Club Name: \_\_\_\_\_

Shirt Size (circle one): XS S M L XL XXL KIDS M KIDS L

**PAYMENT INFORMATION**

**KIDS' FUN RUN:**  
\$10 to Race day;  
Early registration guarantees a race t-shirt.

Enclosed, please find a check for \$ \_\_\_\_\_  
(payable to Fit2Run c/o 9/11 Emergency Services Memorial Fund)

Please charge my credit card:  MC  VISA  AMEX

**4 MILER:**  
\$25 until September 14<sup>th</sup>  
\$30 Thereafter

Card Number: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Exp. Date \_\_\_\_\_

(MM/YYYY): \_\_\_\_\_

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

5K Runner \$5 Club Member Discount includes CLUB Fit2Run, Manasota Track Club, Bradenton Runner's Club, and Lakewood Ranch Runners Club for IN-STORE REGISTRATIONS ONLY.

**GENERAL WAIVER AND RELEASE OF LIABILITY AGREEMENT**

(must be signed)

All participants in any event(s) related to Fit2Run or any of its sponsors (hereafter known as "event") are required to, and hereby do, assume all risk of participation by signing this General Waiver and Release Liability Agreement.

In consideration of this entry, I, for myself, my heirs, devise, executors, administrators and assigns hereby waive, release and discharge any and all Claims against Fit2Run, The Runner's Superstore, Robinson Sports, Inc., University Park Country Club, and all sponsors conducting this event, or their employees, representatives, or successors, for any and all damages or injuries I may suffer. I hereby grant permission for the free use of my name and picture in any broadcast, brochure or account of this event.

PARTICIPANT HAS READ THE FOREGOING AND INTENTIONALLY AND VOLUNTARILY SIGNS THIS WAIVER AND RELEASE OF LIABILITY AGREEMENT.

Signature Acknowledging Waiver of Liability  
(Note: Parent or Guardian must sign if under 18)

Printed Name \_\_\_\_\_ Date \_\_\_\_\_

If not registering online, send completed form to Fit2Run, postmarked no later than September 14<sup>th</sup>, 2011 to:

**FIT2RUN, UNIVERSITY CENTER** or FAX to:  
8429 COOPER CREEK BLVD. 941-358-5101  
UNIVERSITY PARK, FL 34201