

THE ARTHRITIS FOUNDATION PRESENTS

16th Annual

Jingle Bell 5K at The Ranch



MAIN STREET DOWNTOWN LAKEWOOD RANCH

(moved from Bradenton due to construction)

FRIDAY DECEMBER 16th, 2011

5K Run/Walk 7:00 p.m. One Mile Walk 7:10 p.m.

Registration 5:00 p.m. on MAIN Street, Lakewood Ranch

FOR MORE INFORMATION

CALL (941) 708-3901

Registration on line at www.active.com or www.arthritis.org
Information and forms at www.RunnerGirl.Com

Early packet & shirt pick up at Fit2Run, University Center (941) 358-5100

store hours Saturday, December 10th through Wednesday, December 14th at noon

There is day of registration at the event starting at 5:00 p.m.

**FIRST 2000 ADULT PARTICIPANTS WILL RECEIVE A LESLIE JORDAN LONG SLEEVE
'DRI-FIT' PERFORMANCE SHIRT.**



Proceeds to benefit the Arthritis Foundation supporting research for a cure, local services including exercise programs and summer camps for kids with arthritis.





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Jingle Bell 5K at The Ranch



Arthritis Foundation®

Be a Part of the Largest Run/Walk in Sarasota & Manatee Counties

Move your Feet to a Jingling Beat!

Be one of the thousands of runners and walkers nationwide who hit the pavements and parks this winter to fight the nation's most common cause of disability. Jingle Bell Run/Walk is a fun and festive way to kick off your holidays by helping others!

Wear a holiday themed costume. Tie jingle bells to your shoe laces (which we supply). You can form a team and Run or Walk with your team members and celebrate the season by giving.



FRIDAY, DECEMBER 16th AT 7:00 pm, REGISTRATION STARTS at 5:00 pm on Main Street Lakewood Ranch, FL 34202. 5K Run/Walk or One Mile Walk. Race starts and finishes on Main Street. Preregistration, shirt, bells, laces and bib pick up at Fit2Run, University Center, (941-358-5100) Saturday, December 10th through Wednesday, December 14th until noon.



The 5K is a Fun Run with a finish clock to record your time, together with the walk follows a route from Main Street up Town Center Pkwy and back with holiday music, Santa Water stops, elf attired course marshals and finishes to a great festive post race party. One Miler follows a less challenging up and back route.



Form a Team of friends, family, & coworkers and raise funds for arthritis while building team camaraderie. Pick a theme for your team. Regardless of the size of your team you will feel good knowing that your team made a difference in the fight against arthritis.



First 2,000 adult participants receive a Leslie Jordan 'dri-fit' collector's Jingle Bell long sleeve T-shirt with this year's holiday theme. All others a quality cotton shirt. In addition, all participants will receive specially crafted Jingle Bell shoe laces and bells to jingle with a beat and participant bib. All children 12 years & under will receive a finisher's medal. Top three M/F 5K Finishers' receive gift certificates from Fit2Run.



Visit the Jingle Bell Health Fair taking place prior to and after the race. Representatives from local and regional health oriented practices will be there to offer tips and distribute information pertaining to their goods and services.

THANK YOU TO OUR SPONSORS:



Register on-line at: www.arthritis.org; www.active.com; For Information or forms go to www.runnergirl.com; Call us at 1-941-708-3901

REGISTER ONLINE: 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: _____

Shirt Size (circle one): WXS WS WM WL S M L XL XXL KIDS S KIDS M KIDS L

GENERAL WAIVER AND RELEASE OF LIABILITY AGREEMENT

LIABILITY WAIVER: Waiver Release: I hereby certify the following: (1) I am Physically fit and have received medical clearance to participate in the Jingle Bell Run/Walk. (2) In consideration for my application to participate in the Jingle Bell Run/Walk being accepted, I, on behalf of myself, my heirs and assigns, and my estate, hereby waive and forever discharge the sponsors, organizers, affiliates, as well as their agents and employers from any and all claims that may accrue as the result of my participation. (3) I hereby grant the Arthritis Foundation specific permission to reproduce, publish, circulate copyright or otherwise use any and all photographs and/or video tape of me and/or my family, taken at the Jingle Bell Run/Walk, for use by the Arthritis Foundation.

Signature of runner or walker (Parent or Guardian Signature if under 18) _____

Date _____

METHOD OF PAYMENT

Make check or money order payable to: **Arthritis Foundation**
If not registered on -line, send by mail completed entry form to:
Arthritis Foundation, 410 12th St. W, Bradenton, FL 34205

FEES

- 5K Run/Walk & One Mile Walk till 12/12 - **\$25**
- 5K Run/Walk & One Mile Walk after 12/12 - **\$30**
- Children 12 & under - **\$10**

There is day of registration at the event starting at 5:00 p.m.

- Check Amount enclosed: \$ _____
 - Please charge my credit card: Amex Visa Mastercard
- Exp. Date (MM/YYYY) _____

Card Number: _____

Name on Card: _____

Signature: _____

Can be faxed to 941-748-2226

NO REFUNDS

RACE INFO
Phone: 941-708-3901
www.RunnerGirl.com

For more information call **941-708-3901**