

Registration:
H&F or YMCA
Member
\$17.00

Non-member
\$18.00

Day of Race
\$20.00



PARRISH HEALTH & FITNESS CENTER
IS A SERVICE OF PARRISH MEDICAL CENTER:
Healing Experiences
for Everyone All the Time®

2210 Cheney Hwy., Titusville, FL 32780
321-268-6200



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2400 Harrison St., Titusville, FL 32780
321-267-8924

Parrish Health
& Fitness Center
V.S. YMCA

3 MILE
CHALLENGE

2011



3-MILE RACE INFORMATION

Saturday, May 21, 2011

Start Time: 8:00 a.m.

Day of Race Registration: 7:00 a.m.

Race Start Location:

YMCA
2400 Harrison St.
Titusville, FL 32780
321-267-8924

PACKET PICK UP

- May 11-15, 8 a.m. to 9 p.m.
Registered Parrish Runners at Parrish Health & Fitness Center
- May 17 a.m. to 7:55 a.m.
Registered YMCA Runners at YMCA
- All registered runners may pick up the morning of the event at YMCA

AWARDS

- Top 3 Overall: male & female
- Top Master (40+) overall: male & female
- Top 3 Finishers age group: male & female
- Challenge Award to the Fitness Center with the most registered runners

AGE GROUPS

- 9 years & under
- 10 to 14 years
- 15 to 19 years
- Then, every 5 years through 80+

T-SHIRTS

T-shirts awarded to all registered 3-mile runners/walkers

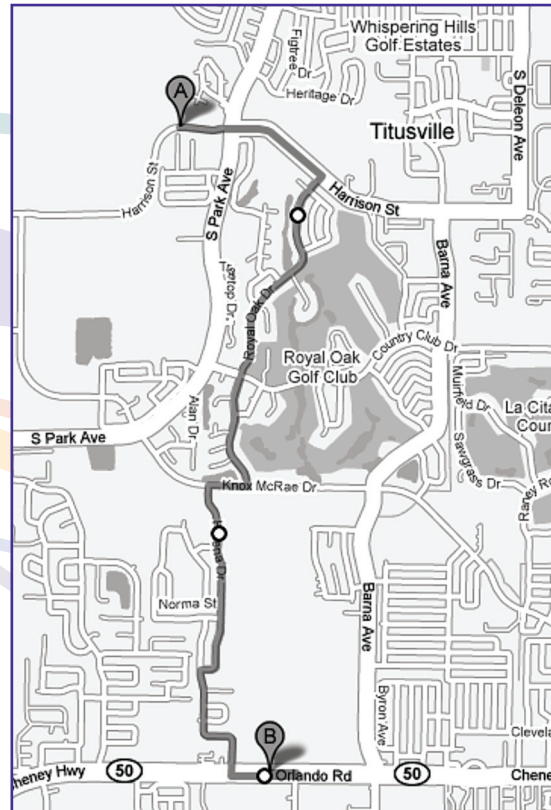
PARKING

Park at either the YMCA or Parrish Health & Fitness Center. Shuttle service will be available between the facilities from 6:45 a.m. to 7:45 a.m. and again from 9 a.m. to 10:15 a.m.

RACE ROUTE (approximate distances):

- Race Start Line: YMCA at 2400 Harrison St.
- Begin east on Harrison: 0.3 miles
- Right on Royal Oak Dr.: 1.4 miles
- Right on Knox McRae (sidewalk): 0.1 miles
- Left on Helena Dr.: 0.8 miles
- Left on Zoltan: 0.3 miles
- Left on sidewalk on Hwy 50: < 0.1 miles
- Finish before Parrish H&F parking lot entrance

After the race enjoy a cold beverage, healthy snacks and the awards ceremony.



REGISTRATION FORM

Last Name _____

First Name _____

Address _____

City _____

State _____ Zip Code _____

WHICH TEAM DO YOU REPRESENT?

(Membership is not required to represent a team)

YMCA Parrish Health & Fitness

Male Female (Check one box)

PH&F or YMCA Member: \$17.00

Non-member: \$18.00 Day of Race: \$20.00

Amount Enclosed \$ _____

Email Address _____

Date of Birth ____/____/____ Age on Race Day _____

Telephone (Area code + number) _____

Adult Shirt Size (Circle one)

XS S M L XL XXL

I hereby release Parrish Medical Center, YMCA and other sponsors and officials involved in any damages or injuries arising from participation in this run and further state that I am in proper physical health and condition to compete in said run.

Signature (Parent signature required if under 18)

Mail Application to:
Parrish Health & Fitness Center
2210 Cheney Hwy.
Titusville, FL 32780

OR
Mail Application to:
YMCA
2400 Harrison St
Titusville, FL 32780