

3-MILE RACE INFORMATION

Saturday, May 16, 2009

Start Time: 8:00 a.m.

Late Registration: 7:00 a.m.

Race Start Location:

YMCA

2400 Harrison St.

Titusville, FL 32780

321-267-8924

PACKET PICK UP

- May 11–May 15, 8 a.m.– 9 p.m.

Registered Parrish Runners at Parrish Health & Fitness Center

Registered YMCA Runners at YMCA

- May 16, 7 a.m. to 7:55 a.m.

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 yrs. & under
- 10 to 14 yrs.
- 15 to 19 yrs.
- Then, every 5yr. Age divisions

Which team do you represent?

(Membership is not required to represent a team)

YMCA

Parrish Health & Fitness

T-SHIRTS

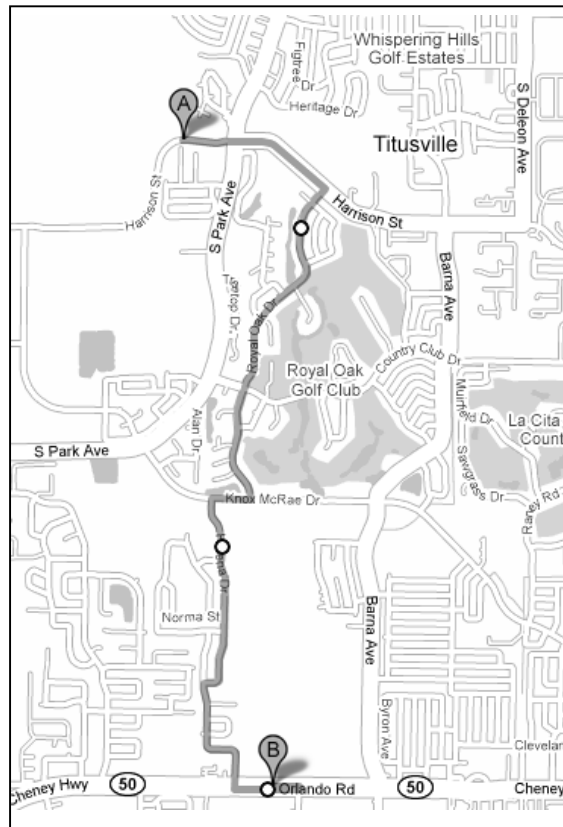
T-shirts awarded to all registered 3-mile runners/walkers

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

Male / Female Amt. Enclosed
Circle One

\$

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)



We build strong kids, strong families, strong communities

Parrish Health & Fitness Center is a service of Parrish Medical Center –
One of America's Finest Healing Environments®.

**Healing Families —
Healing Communities**



Parrish Health & Fitness

vs.

YMCA

Challenge Run 2009
Saturday, May 16, 2009

Registration:

H&F/YMCA Member: \$17

Non-member: \$18

Day of Race: \$20



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

