

DATE AND TIME

Saturday, April 17th, 2010

Start Time is 7:30 a.m.

Race Location

Address: *Parrish Health & Fitness Ctr*

____ Cheney Hwy.

Titusville, FL 32780 321 268-6200

6:30 a.m. Day of Race Registration

PACKET PICK UP

Friday, April 16th

Registered Parrish Runners at PH&F

Registered Runners YMCA at the Y

Friday, April 16th

{ 8 am to 9 pm }

AWARDS

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

AGE GROUPS

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

Which Team do you represent?

YMCA

Parrish Health & Fitness

T-SHIRTS

T-shirts will be awarded to all registered 3-mile runners/Walkers

Park at Race Location YMCA, shuttle service will be available at finish line Parrish Health & Fitness Center.

RACE ROUTE:

Start: Parrish Health & Fitness Center,

- Zoltan Dr - 0.2 miles
- Right on Helena Dr – 0.8 miles
- Right on Knox McRae (sidewalk) - 0.1 miles
- Left on Royal Oak Dr - 1.4 miles
- Left on Harrison – 0.6 miles
- Finish at YMCA

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

Map:

Registration Form:

Last Name: _____

First Name: _____

Address: _____

City

State

Zip Code

Male/ Female

Amt. Enclosed

Circle One

Email Address: _____

Date of Birth

Age/Day of Race

Telephone {Area Code + Number}

Adult Shirt Size {Circle One}

Xs M L XL XXL

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

Signature {Parent, if under 18 are required}



*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**



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



YMCA
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*Parrish Health & Fitness
Preventive Health and
Wellness 3 Mile Run
April 17, 2010*



NORTH BREVARD’S RESOURCE

**NORTH BREVARD’S RESOURCE
FOR HEALTH & WELLNESS**

REGISTRATION FEE:
Early Registration through April 8, 2010 - \$15
Day of Race Registration - \$20