



# FEEL THE HEAT 5K RUN/WALK HOLLY HILL, FLORIDA

SEPTEMBER 4<sup>TH</sup>, 2010 8:00 AM START

RACE MOTIVATION: THE HEAT-RAYS AAU BASEBALL TEAM IS A COMBINATION OF KIDS FROM THE SURROUNDING REC TEAMS.

**RUN DATE/TIME: SATURDAY SEPTEMBER 4<sup>TH</sup> @ 8:00AM SHARP  
THIS IS A RAIN OR SHINE EVENT**

RACE INFORMATION: RACE/WALK FOR FEEL THE HEAT IS A 5K WILL BE CLOCK TIMED. THE COURSE WILL START AND END AT THE HOLLY HILL REC CENTER ON DAYTONA AVE. IT WILL MEANDER THRU A FEW BACK STREETS THEN ALONG RIVERSIDE DRIVE WITH BEAUTIFUL SCENIC VIEWS OF THE HALIFAX RIVER FOR ABOUT 2 MILES AND THEN BACK DOWN DAYTONA AVE TO THE FINISH LINE CHUTE.

**ENTRY FEES:**

**PRE-REGISTRATION      \$20.00    TILL AUGUST 14<sup>TH</sup>, 2010**

**RACE DAY REGISTRATION      \$25.00**

**MAKE PAYABLE TO HEAT-RAYS TRAVEL TEAM**

WATER STATIONS: WATER STATIONS WILL BE SET UP NEAR THE START/FINISH AND ALONG THE COURSE. FRUIT/WATER AND OTHER REFRESHMENTS WILL BE AVAILABLE AFTER THE RACE FOR RACE PARTICIPANTS. WATER WILL ALSO BE AVAILABLE FOR SALE TO ALL OTHERS.

AWARDS: WILL BE GIVEN TO THE OVERALL TOP MALE AND FEMALE, TOP MALE AND FEMALE MASTERS AND THE TOP THREE FINISHERS IN THE LISTED AGE GROUPS

10&UNDER, 11-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 ,65-69, 70-74, 75-79, 80+

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NAME \_\_\_\_\_ Date of Birth: \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ E-MAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE (\_\_\_\_\_) \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

SHIRT SIZE    S    M    L    XL    XXL   

I HEARBY RELEASE HEAT-RAYS 11U, THE CITY OF HOLLY HILL AND ALL SPONSORS AND OFFICALS INVOLVED FROM ANY AND ALL DAMAGES INJURIES OR DEATH THAT MAY ARISE FROM THE PARTICIPATION IN THIS RUN, AND FURTHER STATE THAT I AM IN PROPER PHYSICAL CONDITION TO COMPETE IN THIS RUN.I FURTHER AGREE TO ANY AND ALL PUBLICATIONS OF PHOTOS AND WRITTEN TAPE TAKEN DURING THE EVENT.

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SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

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SIGNATURE OF PARENT OR GUARDIAN IF UNDER 18 YEARS OF AGE  
DATE \_\_\_\_\_

MAIL ENTRY AND FEE TO:

CONTACT: [dconnor2@cfl.rr.com](mailto:dconnor2@cfl.rr.com) for information

**1647 RIDGE AVE  
HOLLY HILL, FL 32117**