



ROTARY'S TWILIGHT 5K RUN to benefit COMMON GROUND PARK FEBRUARY 5, 2010 at 7 P.M.



This event will benefit Common Ground Park on Edgewood Drive. The park playground features an "all-inclusive" playground for handicapped and non-handicapped children. This is the joint project of Lakeland's four Rotary Clubs.

LOCATION: Registration, finish and awards in Edgewood Park on Buckingham Ave, one block south of Lake Hollingsworth, Lakeland, FL Race starts at the Lakeland Yacht & CC parking lot on Lake Hollingsworth.

RACE DAY SCHEDULE:

5:30-6:45 P.M. Check-in and late registration- Edgewood Park

7:00 P.M. 5K RACE START

Post Race - Free Diaper Dash and Kid's Run (ages 1-3 & 4-6)

Awards approximately 8:30 P.M.

COURSE: A 5K twilight run, clockwise around beautiful Lake Hollingsworth, mostly on the paved walking path. After one complete lap, the final quarter-mile is on Buckingham Avenue (across from the start), finishing under the lights in Edgewood Park. Walkers are welcome!

ENTRY FEES: \$20 if received by January 28th, \$12 ages 18 & under. \$25 for all ages after January 28th and on race day.

REGISTRATION: See application below or at www.LakelandRotary5K.org, enter online at "active.com" (adds service fee) or enter at Fitniche at Lakeside Village.

PACKETS: Pickup packet and chip at Fitniche on 2/2 & 2/3 OR at raceday registration.

AWARDS: 1st overall MF, 1st overall masters M/F (40 and over), 1st overall grandmasters M/F (60 and over), 1st through 3rd in five-year age groups (under 10 through M75 and over & W65).

AMENITIES: Technical Long sleeve shirts to all pre-registered (size guaranteed if pre-registered by 1/28); race day shirts and sizes "as available"; "glo-stick necklace" to light up the night to first 500 entrants; door prizes including five IPOD Shuffles; chip timing system; post-race food and drinks at the finish area; kids fun zone and balloonist; free Diaper Dash (0-1) and kids fun runs (ages 1-3 & 4-6) with ribbon awards.



THE ROTARY CLUBS OF LAKELAND

The Ledger



Florida Refuse



PLATINUM BB Bank



ROTARY 5K RUN ENTRY FORM

Race Director: Bill Little, day phone 709-1234, wlittle@platinumbank.com

NAME: _____ ADDRESS: _____

CITY, STATE, ZIP: _____ PHONE: _____

EMAIL ADDRESS: _____

SEX: _____ AGE (on 02/05/10) _____ SHIRT SIZE (Adult) S M L XL

Entry fees are non-refundable. I hereby, for myself, my heirs, my executor and administrators waive and release all claims for damages I may have against the Lakeland Runners Club, Inc., the Rotary Club of Lakeland, Lakeland South, Lakeland Christina and Lakeland North, Rotary International, all sponsors, volunteers, officials and organizers of this event. I attest and verify that I am physically fit and sufficiently trained for the competition of this event.

SIGNATURE: _____ DATE: _____

(signature of parent or guardian if entrant is under 18 years of age)

Make checks payable to: "Rotary 5k Run". **MAIL** or deliver ENTRY to Bill Little, Platinum Bank, 724 South Florida Avenue, Lakeland, FL 33801-5233 or enter online at "active.com" (service charge added).