



Sunday, December 13, 2015

LOCATION

Cypress Bay High School
Weston, FL 33326

**FREE Parking
COURSE**

USATF certified by Gene Wikowski
No. FL 92026DL

SCHEDULE

- Registration 5:00 - 6:10 am
(Advance registration encouraged)
- Half-Marathon.....6:20 am
- 5K Run.....6:20 am
- 1-Mile Family Health Walk (not timed) 9:00 am
- Get Fit Festival.....9:00 am to 1:00 pm

AGE DIVISIONS

Half-Marathon

19 and under, 20-24 with 5-year grouping to 80+

5K Run

8 and under, 9-10, 11-12, 13-14, 15-19
with 5-year grouping to 80+

1-Mile Family Health Walk

Not Timed

PRE-REGISTRATION PACKET PICK-UP

Cypress Bay High School

Friday, December 11, 2015 from Noon - 5 pm

Saturday, December 12, 2015 from 10 am - 4 pm

TIMING SYSTEM

ChronoTrack B -Tag (disposable)

HALF-MARATHON TIME LIMIT

All participants who run/walk the half-marathon should be able to complete the distance within 3 hours. All roads will open after the 3 hour timelimit: however, the timing mates will be on for 3 hours 30 minutes.

BOTANIKO

WESTON

DynaServ



THE CITY OF WESTON



**If you are interested in
becoming one of the Exhibitors at the**

Joe DiMaggio  Children's Hospital
AT MEMORIAL



Please Contact:

Mia Hewett

954-547-4657

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Frank Walker

954-774-9200

Frank@frankinsures.com

RELEASE:

In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrator, waive and release any and all rights and claims for losses and damages I may have against The Rotary Club of Weston; The City of Weston; Split Second Timing Inc.; Race directors, their officers, directors, members, and volunteers, any and all injuries suffered by me in the event. I attest that I am physically fit and sufficiently trained for the competition of this athletic event and competition which I am voluntarily entering at my own risk. My physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all foregoing to use photographs, videotapes, motion pictures, recordings or any other records of this event for any purpose whatsoever.

**USE OF STROLLERS, BABY JOGGERS,
HEADSETS, OR IPODS ARE NOT
PERMITTED ON THE COURSE.**

**PLEASE DO NOT BRING BACKPACKS
TO THE RACE**

**NO ONE MAY ENTER WITHOUT
SIGNING THIS WAIVER.**

DATE _____

SIGNATURE _____

GUARDIAN _____

(if under 18, a signature of legal guardian of participant is required)

HEAT WARNING:

Temperatures/humidity can be high in South Florida. Participants should drink plenty of liquids (non-alcoholic) for 48 hours prior to, during and upon finishing the race. Beware of heat-injury symptoms (dizziness, sweating, nausea, cramps, redness, incoherent speech and thoughts). Seek immediate assistance if these symptoms occur. Wear loose, light-colored clothing.