PARTICIPANT REGISTRATION FORM

Online registration at www.westonrotary.com/run-for-tomorrow

ENTRY FEES

- □ 5K \$30 (Before Dec 13th) \$40 Race Day
- ☐ Half Marathon \$50 (Before Dec 13th)
 - -\$60 Race Day
- ☐ Mayor's Challenge 1-Mile family Health Walk
 - \$10 for Elementary Students
 - \$15 for All Other Students
 - \$20 Adults

Shirt Size: SM

Mail to: Rotary Club of Weston, PMB 130, 304 Indian Trace, Weston, FL 33326

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Free Health & Fitness Festival Demonstrations & Exhibits Half Marathon Medal • Breakfast Included! Prizes & Awards!

Motivational Speaker Edward Lychik

"You are Incredible. You have within you the potential to become anyone and create anything your heart desires. Believe that you are enough. Trust your Intuition. Unleash yourself on the world." -Edward Lychik



"Imagine losing the one thing you love the most. For me, that was running. On my 21st Birthday, a rocket struck my vehicle on a route clearance mission while I was serving in Afghanistan and I became a hip disarticulation amputee. While laying on the hospital bed constantly being told it was impossible for Hip amputees to run, I envisioned myself running in the foggy evenings If there's one thing I ever wanted to do again, it was to run."

Come join Edward as he runs the 18th Annual Weston Rotary "Run for Tomorrow" a run to make a difference.

"Running is a way for me to show people what's possible."

Register at the Following Locations



2233 S University Drive Davie 954-474-4074



15946 SR 84 Weston 954-349-2633



1133 N Federal Highway Ft Lauderdale 954-565-9400



www.westonrotary.com/run-for-tomorrow





BOTANIKO

WESTON

















Sunday December 13, 2015

Run the City of Weston 18 Year Tradition

5K Race • Half Marathon 1-Mile Family Health Walk at Cypress Bay High School

Best Running Value in Florida!





RUN TO MAKE A DIFFERENCE

Sunday, December 13, 2015 LOCATION

Cypress Bay High School Weston, FL 33326

FREE Parking COURSE

USATF certified by Gene Wikowski No. FL 92026DL

• Registration 5:00 - 6:10 am

SCHEDULE

(Advance registr	ation 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

















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

Joe DiMaggio Children's Hospital



Please Contact:

Mia Hewett

954-547-4657 miahewett@yahoo.com

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.