

## Y 5K/10K & 1-MILE FUN RUN/WALK REGISTRATION FORM

**RUNNER'S FIRST NAME** \_\_\_\_\_ **LAST NAME** \_\_\_\_\_  
D.O.B. \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **GENDER** \_\_\_\_\_ **AGE** \_\_\_\_\_  
STREET ADDRESS \_\_\_\_\_ **APT.** \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE# \_\_\_\_\_ EMAIL \_\_\_\_\_  
SHIRT SIZE: S M L XL **AGE GROUP** \_\_\_\_\_ **YOUTH SHIRT SIZE:** S M L  
RACE: 1 MILE \_\_\_\_ 5K \_\_\_\_ 10K \_\_\_\_

**AMOUNT ENCLOSED** \_\_\_\_\_

Save time and money - **Register Now** at [www.Altavistasports.com](http://www.Altavistasports.com)

### LOCATION & DIRECTIONS

Hunter's Ridge Subdivision is located 3 miles west of I-95 on State Road 40. Turn right into Hunter's Ridge on Shadow Crossings Blvd to first stop sign. Turn left onto Hunter's Ridge Blvd and travel north 1.5 miles to the Hunter's Ridge Blvd/Airport Road intersection.

**From Orlando:** Take I-4 to I-95 N Exit 268. Head west for 3 miles to Hunter's Ridge Subdivision.

**From Jacksonville:** Take I-95 S to Exit 268. Head west for 3 miles to Hunter's Ridge Subdivision.

### PARKING

Race day parking is available on the Southeast corner of Hunter's Ridge Blvd and Airport Road. Signs will direct you to the parking area.

### STRENGTHENING THE FOUNDATIONS OF COMMUNITY

VOLUSIA FLAGLER FAMILY YMCA | [VFYMCA.org](http://VFYMCA.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOTIVATE TRAIN ENDURE

**1<sup>st</sup> Annual Y 5K/10K  
& 1-Mile Fun Run/Walk**  
December 1, 2012 | 7:30am



SPONSORED BY

  
**RICE & ROSE  
LAW FIRM**

**Ormond Beach Family YMCA**  
500 Sterthaus Drive | Ormond Beach, FL 32174

## ABOUT THIS RACE

Our 5k/10k will put your physical endurance and mental strength to the test. This event is great for beginners and the most passionate fitness enthusiasts of any age. Join us at the starting line for a fun and challenging experience.

- Great Local Sponsors
- USATF Race Course Certification – 5K
- USATF Race Course Certification – 10K
- Race course is a “PR” Fast and Flat course

## RACE START TIME (December 1)

**10K** – 7:30am SHARP

**5K** – 7:35am or directly following the 10K start

**1-Mile Fun Run & Walk** – 8:00am

## ENTRY FEE

	5K	10K
Before November 4	\$20.00	\$25.00
Between November 5– November 24	\$25.00	\$30.00
During Packet Pick-Up/Race Day	\$30.00	\$35.00

**1-MILE FUN RUN & WALK** - \$10 entry fee

Includes race t-shirt. Complimentary goodie bag not included.

**Online and advanced mail-in registration** must be completed and/or postmarked no later than November 24. Mail in the attached entry form to the Ormond Beach Family YMCA, 500 Sterthaus Drive, Ormond Beach, FL 32174. Make checks payable to: Ormond Beach Family YMCA.

## AMENITIES

- Fruit, Cookies, Pretzels, Bagels, Krispy Kreme donuts
- Top quality race T-shirts
- Gatorade
- Water
- Starbucks coffee
- Music
- Portable restrooms

## PACKET PICK-UP

Ormond Beach Family YMCA, Friday, **November 30** from 3:00pm – 7:00pm. Race registration is also available during packet pick-up but shirts and goodie bags are not guaranteed.

## DAY OF RACE REGISTRATION

Day of race registration and packet pickup is available starting at 6am but race shirts and goodie bags are not guaranteed.

## AWARDS (TOP THREE)

### 5K

- Top three overall male and female
- Top three overall male and female in age group 0-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 64-69, 70 & older

### 10K

- Top three overall male and female
- Top three overall male and female in age group 0-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 64-69, 70 & older

## SPECIAL STUFF

Participants will enjoy a goodie-bag, shirt, post-race refreshments and award ceremony. Race results will be posted at the end of the race and online at [www.Altavistasports.com](http://www.Altavistasports.com).

## WEATHER

The average weather in Ormond Beach during December is a high of 74 degrees and a low of 54 degrees. The races start at 7:30am, which should provide optimal running conditions.

## PHOTOS

Photos will be available just days after the race.

For more information, please contact Martin Vollebregt at [mvollebregt@vfymca.org](mailto:mvollebregt@vfymca.org) or call 386.673.9622.