

parenting
fit
GENERATION
RUN/WALK + FAMILY FESTIVAL



Bring the whole family for an exciting day of health and fitness!

- ▶ TIMED 5K RUN/WALK
- ▶ 5K STROLLER ROLL
- ▶ KIDS FUN RUN
- ▶ DIAPER DASH
- ▶ CHILDREN'S MUSICIANS
- ▶ NBA/WNBA FIT GIVEAWAYS
- ▶ FREE YMCA CHILDCARE
- ▶ HIGH QUALITY TECHNICAL T-SHIRTS



All of the fun takes place at:
 Winter Park Village
 460 N Orlando Ave
 Winter Park, FL 32789

5K RUN 8:00AM SATURDAY
OCT 1, 2011
WINTER PARK, FL
JOIN US
FITGENERATION.COM

REGISTER TODAY!

You will be entered to win
 1 of 4 Mountain Buggy Terrain Joggers!
www.fitgeneration.com

BENEFITING:



TIMED BY:



IN PARTNERSHIP WITH



SPONSORED BY



COURSE INFORMATION



Parenting Magazine's Fit Generation 5K run and stroller roll will be held Saturday, October 1st, 2011. The chiptimed 5K course winds through Winter Park on a scenic, flat, fast, route. The kids fun run and diaper dash will be held within the festival center where children will feel the support of the community while participating in the fun run.

The family festival will feature a huge post-race food buffet, live entertainment, giveaways and prizes, games and family fun. It is a fun community fitness festival that your family should not miss!

GIVEAWAYS:

SeaWorld ticket raffle to all participants that enter the 5K event.
 Featured giveaways from NBA/WNA Fit including: autographed basketballs, Olympic basketballs, and cool fitness gear.
 All participants entered to win a new Terrain jogger from Mountain Buggy-\$499.99 value

START TIMES:

5K: 8:00am
 5K Stroller Roll: 8:05am
 Kids Fun Run: 9:00am

FREE YMCA KIDS CARE!

Let the YMCA provide you peace of mind while you race! Children ages 4-9 are welcome to participate in outdoor games and projects while you race. Activities will be provided by trained and caring YMCA staff. Y Kids Care will be available from 7 AM – 9 AM weather permitting. Preregistration required by **emailing boliver@cfymca.org before 9/28/11**. Y Kid's Care will be located in the grassy area by the main stage. Parents dropping off the children must be prepared to leave identification to be used for pick-up safety. Questions can be referred to Meghan Gruszynski at 407-571-4839.

T-SHIRTS:

Every participant will receive a high quality, breathable technical t-shirt exclusive to Parenting Magazine's Fit Generation.

LOCATION:

Winter Park Village
 460 N Orlando Ave
 Winter Park, FL 32789

PACKET PICK UP:

Packet pick up will be on race-day, Saturday, October 1st from 6:30am-

Complete Entire Form

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ E-Mail _____

_____ Age on Race Day Male Female **Shirt size:** Youth Small Youth X-Large
 Small Medium Large X-Large XX-Large
 Correct t-shirt sizes for all participants cannot be guaranteed.

Sign up for:

- Early Registration 5K Chiptimed Race \$23.00
Entries Received by September 24th
- Early Registration 5K Stroller Roll \$23.00
Entries Received by September 24th
- General Registration 5K Chiptimed Race \$28.00
Entries Received between Sept. 25-Sept. 30
- General Registration Stroller Roll \$28.00
Entries Received between Sept. 25-Sept. 30
- Race Day Registration 5K Chiptimed Race \$35.00
Entries Received October 1st
- Race Day Registration Stroller Roll \$35.00
Entries Received October 1st
- Kids Fun Run & Diaper Dash(Ages 9 & under) FREE

TO REGISTER BY MAIL, PLEASE SEND CHECK OR CREDIT CARD INFORMATION BY POSTMARKED BY SEPTEMBER 23RD TO:
 World Sports & Marketing
 P.O. Box 8500
 Winter Park, FL 32790

Method of Payment

Check (Make payable to World Sports and Marketing)

Total: _____
Credit Card: VISA MASTERCARD AMEX Cash (day of event only)
 Your credit card statement will reflect ADS/events/Bonnier

Credit Card Number _____
 Expiration Date _____ CVC Security Code* _____

Signature _____
 *For MasterCard and Visa this is the three digit number on the back of the card. For American Express it is the four digits in the corner of the card on the front.

Waiver (must be signed)

ALL PARTICIPANTS IN MARATHONS, EVENTS, AND ROAD RACES OF OTHER DISTANCES CONDUCTED BY WORLD SPORTS & MARKETING LLC AND BONNIER CORPORATION AND THEIR RELATED EVENTS ("EVENT") ARE REQUIRED TO, AND HEREBY DO, ASSUME ALL RISK OF PARTICIPATION IN THE EVENT BY SIGNING THIS GENERAL RELEASE AGREEMENT: The undersigned athlete ("Athlete") on behalf of himself/herself and on behalf of Athlete's personal representatives, assigns, heirs, executors, and successors hereby fully and forever releases, waives, discharges and covenants not to sue World Sports & Marketing LLC and Bonnier Corporation, its affiliated corporations and charities, the host city(ies), county and state, USATF, any and all municipal agencies whose property and/or personnel are used or in an way assist, all sponsoring or co-sponsoring companies or individuals related to the Event together with their officers, directors, shareholders, successors and assigns, (collectively "Releases") from all liability to the athlete and his/her personal representatives, assigns, heirs, executors, and successors for any and all losses, damage(s) and any and all claims or demands therefore, on account of injury to Athlete, his/her property or resultant death, whether caused by the active or passive negligence of all or any of the Releases or otherwise, in connection with Athlete's participation in the Event. Athlete represents and warrants that he/she is in good physical condition and is able to safely participate in the Event. Athlete is fully aware of the risks and hazards inherent in participating in the Event and hereby elects to voluntarily participate, knowing the risks associated with the Event. Athlete hereby assumes all risks of loss(es), damage(s), or injury(ies) that may be sustained by him/her while participating in the Event. Athlete agrees to the use of his/her name and photograph in broadcasts, newspapers, brochures, and other media without compensation. Athlete acknowledges that the entry fee paid is non-refundable and non-transferable. Athlete acknowledges and agrees that World Sports & Marketing LLC and Bonnier Corporation, in its sole discretion, may delay or cancel the Event if it believes the conditions on the race day are unsafe. In the event the Event is delayed or cancelled for any reason, including but not limited to: fire, threatened or actual strike, labor difficulty, work stoppage, insurrection, war, public disaster, flood, unavoidable casualty, acts of God, or the elements (including without limitation, rain, hail, hurricane, tornado, earthquake), or any other cause beyond the control of World Sports & Marketing LLC and Bonnier Corporation there shall be no refund of the entry fee or any other costs of Athlete in connection with the Event. The Athlete hereby grants to the Medical Director of the Event, and his/her agents, affiliates, and designers, access to all medical records (and physicians) as needed and authorizes medical treatment as needed. Athlete understands that they have the right to refuse medical care and advice of Event medical directors and representatives; if Athlete's medical condition becomes such that the Athlete's mental capacity is questioned, the physician has the right to recommend and initiate treatment of Athlete. It is understood and agreed that Athlete hereby assumes liability for any and all medical expenses incurred as a result of training for and/or participation in the Event, including but no limited to ambulance transport, hospital stays, physician and pharmaceutical goods and services. Athlete warrants that all statements made herein are true and correct and understands that Releases have relied on them in allowing Athlete to participate in the Event. ATHLETE HAS READ THE FOREGOING AND INTENTIONALLY AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT. IF ATHLETE IS UNDER AGE 18: The signature certifies that my son/daughter has my permission in the 5K or Kids Run. The signature has read the foregoing RELEASE AND WAIVER OF LIABILITY AGREEMENT (paragraph above signatures and by signing below intentionally and voluntarily agrees to its terms and conditions. The signature further certifies that my son/daughter is in good physical condition and is able to safely participate in the 5K or Kids Run. I hereby authorize medical treatment for him/her and grant access to my child's medical records as necessary.

Runner Signature (Over 18)

Parent/Guardian Print Name

Parent/Guardian Signature

This is a Rain or Shine Event

Sorry no refunds.

October 1, 2011