

# 28th Annual Downtown Melbourne 5K Run and Walk

## Saturday, April 3, 2010

### A Space Coast Runners' *Runner of the Year* Event



A run for the children

#### Start Times

Women 7:30 AM \* Men 8:15 AM \* Youth Series 9 AM \* Awards 9:15 AM

#### Location

Starts two blocks W of US 1 on New Haven Ave in Downtown Melbourne. This USATF (FL94005DL) certified course loops twice through historic downtown Melbourne. Men and women run separate races. The race benefits The Haven, a shelter for abused, abandoned and neglected children.

#### Space Coast Runners Youth Series

The Space Coast Runners Youth Series aims to include youth in organized runs so as to encourage participation and interest in running and fitness. There will be no charge for these runs, but parents will be required to sign a waiver for their children to participate on the morning of the race. Distances: 1/4 mile, 1/2 mile, & 1 mile.

#### Awards

Male-Female: Top 3 Overall, Top Masters (40+)


Age Groups (top 3 male & female)

10 & Under	25-29	45-49	65-69
11-14	30-34	50-54	70-74
15-19	35-39	55-59	75+
20 -24	40-44	60-64	

Race Directed by:



#### Registration

- On line at  ending April 1st (Search for Downtown Melbourne 5K)
- At Running Zone on Wickham Road (between Parkway and Post Road)
- By mail to Running Zone ending March 31st (3680 N Wickham Road, Unit C, Melbourne, FL 32935)
- Race day at Holmes Park, corner of Melbourne Ave. and Melbourne Ct. beginning at 6:30AM

#### Packet Pick-Up

- Friday, April 2nd from 10:00 am to 6:30 pm At Running Zone (3680 N Wickham Road, Melbourne, FL 32935)
- Race day at Holmes Park, corner of Melbourne Ave. and Melbourne Ct. beginning at 6:30AM

#### Information

Frank Webbe \* 321-674-8104 Days \* 321-725-3770 Nights \* Fax 321-674-7105 \* Email: [webbe@fit.edu](mailto:webbe@fit.edu)

#### 2010 DOWNTOWN MELBOURNE 5K OFFICIAL ENTRY FORM

**Entry Fees:** \$20 until April 2nd (\$19 for SCR Members) \$25 race day

Make checks payable to **The Haven** and send to: **Running Zone** 3680 N Wickham Road Melbourne, FL 32935

Last Name (Please print) \_\_\_\_\_

First Name \_\_\_\_\_

M.I. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

ZIP Code \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Age on 4/3 \_\_\_\_\_

Gender M\_\_ F\_\_

T-shirt Size S\_\_ M\_\_ L\_\_ XL\_\_

Space Coast Runners Member? Y\_\_ N\_\_

Corporate Cup Team Name \_\_\_\_\_ (if applicable)

I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I grant permission to all of the foregoing to use any photographs, motion pictures, and recording, or any other record of this event for any legitimate purpose. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Space Coast Runners, Running Zone Race Management, Inc., the City of Melbourne and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I have read the above release and understand that I am entering this event at my own risk.

SIGNATURE \_\_\_\_\_

SIGNATURE OF PARENT FOR THOSE UNDER 18 \_\_\_\_\_

DATE \_\_\_\_\_