

22ND ANNUAL

EYE OF THE DRAGON 10K TAIL OF THE LIZARD 2 MILE



A Space Coast Runner of the Year Event

USA T&F Certified FLO4037DL

SPONSORED BY:

Dick White
Sports Therapist



LOCKHEED MARTIN
Space Systems



RACE INFORMATION

Race Date Saturday, February 27, 2010

Race Time 8:00 am - 10k
8:05 am - 2 Mile
9:15 am - Kids' Runs

Location Eau Gallie Civic Center
1551 Highland Ave, Melbourne

Directions From I-95, take SR 518 east, cross US 1, turn left after 3 blocks
From US-1, north or south to SR 518, head east 3 blocks

For safety reasons, no animals, baby joggers, skates, or headphones permitted

EVENTS

10k Run

Participants may run or walk any part of this event.

Awards are based on overall and age group categories, as noted in the Awards section of this flyer.

SCROY points for 15 & over only for 10k

10k Walk

New this year is the 10k walk. Participants who register in this event MUST WALK the entire course. This event is scored separately from the 10k Run, and participants will not be allowed to change their category mid-race. ALL PARTICIPANTS MUST BE ABLE TO SUSTAIN A 20 MINUTE PER MILE PACE TO COMPLETE THIS EVENT.

Awards are based on order of finish for male and female participants - NO AGE GROUPS.

SCROY points for 15 & over only for 10k

2 Mile Run

Participants may run or walk any part of this event.

Awards are based on overall and age group categories, as noted in the Awards section of this flyer.

SCROY points for 14 & under only for 2 mile

2 Mile Walk

New this year is the 2 mile walk. Participants who register in this event MUST WALK the entire course. This event is scored separately from the 2 Mile Run, and participants will not be allowed to change their category mid-race. Awards are based on order of finish for male and female participants - NO AGE GROUPS.

SCROY points for 14 & under only for 2 mile

Kids' Runs

FREE 1/4, 1/2, and 1 mile runs for children 12 and under.

This is a Space Coast Runners Youth Series event.

More Information:

marlenewhite@cfl.rr.com (321) 783-6535
<http://spacecoastrunners.org>

AWARDS

10k Run

Participants may run or walk this event

Overall 1st, 2nd, 3rd Male & Female

Master 1st Male & Female 40+

Grand Master 1st Male & Female 50+

Senior Grand Master 1st Male & Female 60+

Age Group 1st, 2nd, 3rd Male & Female in 5 year age groups from 10-14 through 75+. Five deep in larger AGs based on pre-registrations.

Middle of the Pack Male & Female finishing closest to the midpoint of all finishers

SCROY points for 15 & over only for 10k

10k Walk

Participants must walk the entire course

Overall First 10 finishers each Male & Female

SCROY points for 15 & over only for 10k

2 Mile Run

Participants may run or walk this event

Overall 1st, 2nd, 3rd Male & Female

Master 1st Male & Female 40+

Age Group 1st, 2nd, 3rd, 4th, 5th Male & Female in age groups 0-8, 9-11, 12-14. 1st, 2nd, 3rd Male & Female in 5 year age groups starting 15-19 through 70+.

SCROY points for 14 & under only for 2 mile

2 Mile Walk

Participants must walk the entire course

Overall First 10 finishers each Male & Female

SCROY points for 14 & under only for 2 mile

School Participation

1st, 2nd, 3rd place to Elementary and Middle schools with the highest number of participants in either 2 mile event. *School name must be indicated on entry form and minimum of 5 entries per school to qualify.*

ENTRY FORM

Mail check payable to *Space Coast Runners to:*
Eye of the Dragon 10k
30 Country Club Road
Cocoa Beach, FL 32931

On-Line at www.Active.com

Race Day from 6:45 to 7:45 am at Civic Center

Shirts to first 600 entries

<u>Entry Fees</u>	Postmarked by 2/14/10	After 2/14/10
<input type="checkbox"/> 10k or 2 Mile	\$20	\$25
<input type="checkbox"/> SCR member	\$15	\$20
<input type="checkbox"/> No Shirt (must pre-register)	\$15	\$20
<input type="checkbox"/> No Shirt SCR (must pre-register)	\$10	\$15
<input type="checkbox"/> Students thru Grade 12	\$15	\$15
<input type="checkbox"/> Kids' fun runs free (no shirt)		

Name _____

Address _____

City _____ State ____ Zip _____

Phone _____ SCR Member

Email _____

Events (circle): 10k Run 10k Walk
2 Mile Run 2 Mile Walk Fun Run

Technical Shirt: Pre-register early to guarantee
your shirt size! [No Shirt] [Youth Med]

Adult sizes: [XS] [S] [M] [L] [XL] [XXL]

Age on 2/27/2010 _____ Male Female

School: _____

I hereby release Space Coast Runners, Road Runners Club of America, and other sponsors and officials involved in any and all damages or injuries arising out of participation in the 2010 Eye of the Dragon or Tail of the Lizard, and further state that I am in proper physical health and condition to compete in said runs. I understand that runners are responsible for knowing the course and race management is not obligated to alter results due to any runner's misperceptions, mistakes, or other circumstances that lead to an error on the course.

Signature (parent or guardian if under 18) _____ Date _____