



Run in the Garden 5K Run/Walk

Join Tri & Run of West Orange for the 1st Annual Run in the Garden 5k Run/Walk starting and finishing in Historic Downtown Winter Garden, FL. This certified course (FL-04072DL) will begin on historic Plant St. and wind through lovely neighborhoods. This race will be ChampionChip Timed with Overall and 5 year Age Group Awards. **This race will also include a new award: The Middle of the Pack or MIP Award for the individual who comes in right in the middle of his/her age group!** It's a tribute to the thousands of runners who keep road racing alive!

Date: April 19th, 2008
Time: 7:30AM start
Cost: \$18.00 through April 12
\$23.00 April 13-18
\$30.00 Race Day (cash or check only)
Checks are payable to Tri & Run of West Orange
Online registration available at www.trinrun.com

Packet Pick-up: April 16 – 18 at Tri & Run of West Orange, 56 W. Plant St. 10am-7pm
or Race Day beginning at 6AM. For more information: 407-905-4786

Kid's Run: FREE! Starts at approximately 8:45AM

Beneficiary: Winter Garden Merchants Guild

T-Shirts: All paid entrants will receive a commemorative T-shirt. Sizes are not guaranteed on race day registration.

Post Race Food and Drinks!

Restrictions: For safety reasons, no dogs, inline skates, bicycles will be permitted on the race course.

Run in the Garden 5K

Entries may be mailed to: Tri & Run of West Orange 56 W Plant St, Winter Garden FL 34787

Last Name _____ First Name _____ M F
Address _____ DOB: _____ Age (Race Day) _____
City _____ ST _____ Zip _____ Email _____
Day Phone _____ T-Shirt Size: S M L XL XXL Championship # _____
Method of Payment: Cash Check Charge Visa ___ MC ___ AMEX ___ DISC ___ Amount Enclosed _____
CC# _____ Expiration Date: (Month/YR) _____

Incomplete or unsigned entries will not be accepted.

In consideration of my entry being accepted, I intend to be legally bound, and do hereby, for myself, my heirs, executors, waive and release all rights and claims for damages which may have or which may hereinafter accrue to me against Tri & Run of West Orange and all sponsors for the event which I am entering, any subsidiary or division thereof, their respective officers, agents, directors, representatives, successors, assigns, and sponsors for any and all damages or injuries which may be sustained and suffered by me in connection with entry or participation in the event as mentioned above. If I should suffer injury or illness I authorize officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. Bicycles, dogs, inline/roller skates, headphones are prohibited. By giving us your email address, you give Tri & Run permission to send email communication. I have read the above and release and understand that I am entering this event at my own risk.

Signature (If under 18, parents signature required)