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5K RUN AND BLOCK PARTY

DATE: July 18, 2009

TIME: 7:30 PM

LOCATION: Hemming Plaza

RACING IN THE STREETS

Hemming Plaza will be the place to be on this fun-filled Saturday evening. A live band will fill the air with music as you are racing in the streets. The course is entirely downtown, featuring a course over the Main and Acosta Bridges.

A WORTHY CAUSE

This race benefits many local worthwhile charities. All of the race expenses will be paid by the sponsors, so your entire entry fee is tax-deductible.

PRIZES

Age group awards will be presented to the top three male and female finishers in the following age divisions: 10 & under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 and 75 & over.

DRAWINGS FOR PRIZES

You could win gift certificates to some of Jacksonville's best restaurants and other establishments. Drawings will be held at the awards ceremony. You must be present to win.

DIRECTIONS TO RACE SITE

Hemming Plaza is located downtown at the intersection of Laura and Monroe Streets, four blocks north of the Jacksonville Landing and one block west of Main Street.

POST RACE CELEBRATION

Of course this is more than just a race, it's also a celebration of the revitalization of downtown.

The celebration will be in Hemming Plaza and will feature live music, free beer, lots of food, and other refreshments. It's all free and will be lots of fun for the whole family!

RACE PACKET PICKUP

Packets will be available for pick up at one of the following 1st Place Sports locations:

- 3931 Baymeadows Road, Jax
- 2016 San Marco Blvd., Jax
- 424 South 3rd Street, Jax Beach
- 2186 Park Avenue, Orange Park

Be sure to check your pickup location on your entry form. If you do not indicate a location, your packet will automatically be at the Baymeadows store. Packets will be available on Thursday, July 16th from 10:00 AM to 7:00 PM (6:00 PM at Orange Park) and Friday, July 17th from 10:00 AM until 6:00 PM.

Day of Race: All packets that are not picked up at the above locations will be moved to the Hemming Plaza for race-day pick up from 6:00 PM - 7:15 PM.

TIMING AND RESULTS

The race will be timed using the ChampionChip (chip must be worn on your shoe during the race). Your entry fee covers the cost of the chip rental. If you have your own chip, you need to enter your chip number on the entry form, and deduct \$2.00 from the entry fee. You must cross the timing mats to be included in the results.

**DO NOT WEAR YOUR PERSONAL
CHIP IF YOU SIGN UP ON RACEDAY!**

REGISTRATION INFORMATION

Entry Fees

Until July 11th	\$20.00
July 12th -July 17th	\$25.00
Day of Race	\$30.00

There is a \$2.00 discount if you own your own chip, but chip number must be entered on entry form.

YOU MAY NOT USE A PERSONAL CHIP IF YOU ARE REGISTERING DAY OF RACE.

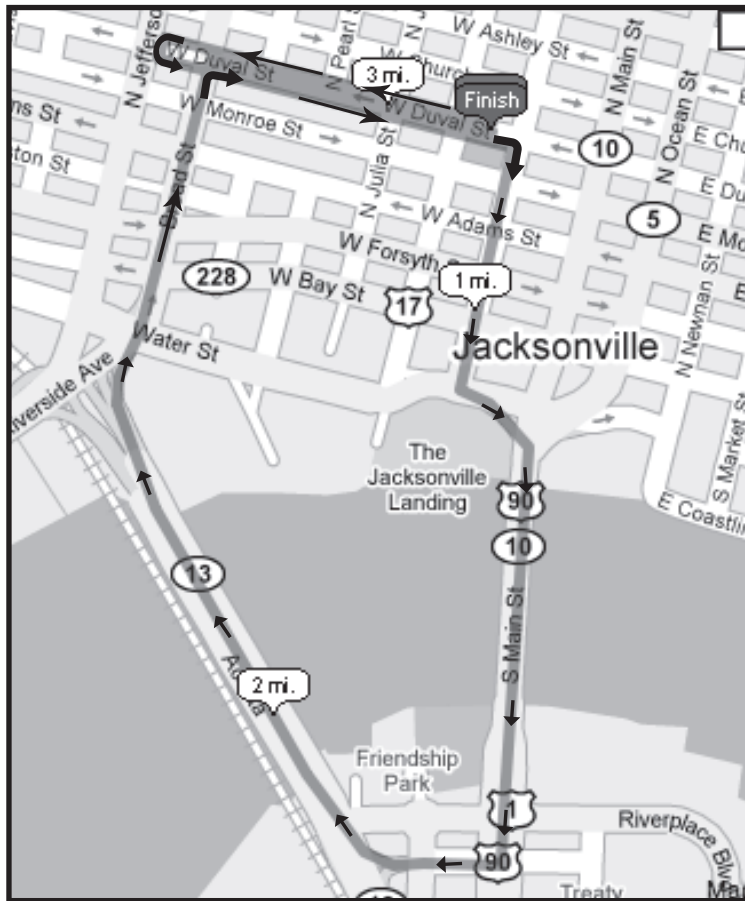
SORRY, THERE ARE NO REFUNDS!

Make your checks payable to:
Vestcor Family Foundation and mail to:
3931 Baymeadows Road
Jacksonville, FL 32217

THE COURSE

The start and finish of the race will be on Duval Street in front of City Hall. The race will start heading west, do a short out-and-back, come back by the starting line, and then do a loop over the Main Street and Acosta Bridges (see map). All turns and miles will be marked. Digital clocks will be located at each mile. An on-course water station will be located on Mary Street. Water will also be available at the start/finish. Medical aid will be located in the park near the start/finish.

COURSE MAP



**SIGN UP ONLINE AT:
WWW.1STPLACESPORTS.COM**

**RACE HOTLINE:
(904) 731-1900**

Vestcor Bridges Run 5K		Please indicate where you plan to pick up your race packet:					Official Use Only							
OFFICIAL ENTRY FORM		<input type="checkbox"/> Baymeadows <input type="checkbox"/> Jax Beach <input type="checkbox"/> Orange Park <input type="checkbox"/> San Marco <input type="checkbox"/> Day of Race												
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Make Checks Payable to Vestcor Family Foundation and mail to: 3931 Baymeadows Road, Jacksonville, FL 32217										\$ _____ AMOUNT PAID WITH ENTRY				
I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. 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. I also understand that in the event that this race has to be cancelled for any reason beyond the control of race management that my entry fee will not be refunded. All such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race. I also understand that I must return by ChampionChip transponder or I will be billed \$30.00 as replacement cost. I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Organizers of this event 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.														
Please Sign Here (Parent must sign if participant is under 18 years of age)										Date Signed				