



# HEART & SOLE 5K

Benefiting Community PedsCare

CELEBRATING 10 YEARS OF CARE

Heart & Sole 5K Run is a community-based fundraising event designed to raise awareness and funds for children with life-limiting and life-threatening conditions. In celebration of 10 years of care provided by Community PedsCare this event will commemorate all of the families who have been in the program. The event will be for the entire family, with marvelous food, live entertainment and activities for kids.

## ENTRY FEES

	5K
Until June 25 <sup>th</sup>	\$25.00
Day of Race	\$30.00

- » The Kids Fun Run is **\$12.00** at all times!
- » Sorry, there are **NO REFUNDS!**
- » Make checks payable to **Community Hospice Foundation** and mail with entry form to: Heart & Sole 5K, 3931 Baymeadows Rd, Jacksonville, FL 32217
- » Register Online at [www.1stplacesports.com](http://www.1stplacesports.com)
- \*\*Online registration closes on Tuesday, June 22<sup>nd</sup>!\*\*

## PACKET PICKUP

Be sure and check the box on the entry form where you plan to pick up your packet. Packets will be available at

**Saturday, June 26, 2010**

**Kids Fun Run • 6:30 PM**  
**5K • 7:00 PM**

**Atlantic Blvd. at San Marco**

To Benefit: **Community PedsCare**, a pediatric program of Community Hospice of Northeast Florida in collaboration with **Wolfson Children's Hospital, Nemours Children's Clinic & University of Florida-Jacksonville.**

the following 1st Place Sports locations on **Thursday, June 24<sup>th</sup>** and **Friday, June 25<sup>th</sup>** from 10:00 AM-6:00 PM.

- 3931 Baymeadows Road, Jacksonville, 731-3676
- 2016 San Marco Blvd., Jacksonville, 399-8880
- 424 South Third Street, Jax Beach, 270-2221
- 2186 Park Avenue, Orange Park, 264-3767

All packets that are not picked up at the above location will be moved to the race site for race day pick up beginning at 4:00 PM.

## RACE TIMING

The race will be timed using the ChampionChip (chip must be worn on your shoe during the race). You can pick up the chip on race morning. 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. **Do not wear your personal chip if you sign up on race day!**

## THE COURSE AND FINISH

There will be music throughout the route! There will be **food, beer, and activities for the kids** at the finish line!

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Age on Race Day		Sex		T-Shirt Size	
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Telephone Number		<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		Method of Payment: <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Credit	
Make Checks Payable to <b>Community Hospice Foundation</b> and mail to: 3931 Baymeadows Road, Jacksonville, FL 32217		Chip Owner Discount <b>-\$2.00</b>		\$ _____ Amount Paid with Entry	
<small>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 my 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, including DRA CRT Baymeadows Center, LLC, Colonial Properties Trust, and 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.</small>					
Please sign here. (Parent must sign if participant is under 18 years of age)					Date Signed