RUN WITH THE TITANS

VOLUSIA COUNTY EMS/MILITARY DAYS 5K ROAD RACE

Presented by University High School Cross Country and Track and Field

SAT Jan 28th 2012

800am: 5k Run/Walk (3.1 miles)

900am: Kid's Super Mile

Awards following kids run.

Entry fee: Oct 1st-Jan 15th: $25 (check). Race day $30 (cash or check).

Packet Pick-up: Will be available Friday Jan 27th from 5pm-7pm and race day 6am-7am at UHS ticket booth (behind HS)

T-Shirts: All paid runners will receive a commemorative t-shirt. Sizes and availability are not guaranteed on race day.

Kid's Super Mile: Open to 8th grade and under. Distance will be one mile. All kid's Super Mile participants will receive finisher's ribbon. There will be no charge for this race, but you may order a race tee shirt for $10, complete/send form below by Jan 15th to receive race tee on race day.

Proceeds from the race will benefit the Wounded Warriors Foundation, UHS Cross Country/Track and Field programs, and Sport Medicine Department.

Go to **steepletiming.com** to print registration information for event. Send payment and form below to University High School address listed below.

Questions please contact Coach Eggert via email coacheggert@hotmail.com

Last Name _____ First Name _____

Address _____ M / F Age on race day

City _____ State Zip _____ Date of Birth

Phone ___ - ___ - ____ Email _____

Tee shirt size

S M L XL XXL YS YM YL

Amount Enclosed

Make check payable to: University HS 1000 W Rhode Island

Memo: 5k EMS Orange City, FL 32763

Please send payment along with form to above address before Jan 15th.