

# Sunday February 14, 2010

**Course:** An absolutely beautiful and challenging 4 mile trail run that winds through the pines and scrub oaks in Flatwoods. To see photos of the course and Flatwoods Wilderness Park, go to the website at [www.tamparaces.com/flatwoods](http://www.tamparaces.com/flatwoods). Race starts at 8:30 a.m. and is held rain or shine.

**Directions:** From I-75 take the Fletcher Ave. exit (the Hidden River exit) and go east 4.7 miles. (Fletcher Ave. Changes to Morris Bridge Road) Look on the left for the main entrance to Flatwoods. A street sign is posted by the side of the road. Drive another .6 miles to the next stop sign after the Welcome Center and take a right. Race start is at the end of this road.. (note: there is a \$1 contribution to enter the park)

**Awards:** Custom awards to: Overall Male and Female; Overall Masters Male and Female; **CUSTOM AWARDS** to Top 30 Male and Top 30 Female..

**Food:** Rice and Beans, Ice Cream, Cookies, Bananas, Apples, Bagels, Water, Gatorade, Hotdogs (provided by [Divine Menues](#))

**Registration:** Early registration by mail (see below) or online at [www.active.com](http://www.active.com) is \$25. Race day registration is \$30.



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Adventure Outfitters  
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Another Great Event from [www.TampaRaces.com](http://www.TampaRaces.com)!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

CityStZip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

T-shirt Size: S M L XL Sex: M F

Age on Race Day: \_\_\_\_\_

Mail entry form and check or money order payable to Hillsborough Trails for \$25 (last day to preregister is February 20nd); \$30 Race Day to:

Hillsborough Trails · 4634-A N. Florida Ave. · Tampa, FL 33603

(Registration Fees are non-refundable)

For more information visit [www.tamparaces.com/flatwoods](http://www.tamparaces.com/flatwoods) or call: Jim Hartnett at 813.232.5200

Waiver: (every participant must sign this waiver): I know that running a foot race is a potentially hazardous activity. I agree to abide by any decision of a race official as to my ability to safely complete the run. I assume all risks associated with running in this event. 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 Hillsborough Trails, Hillsborough County, Hillsborough Parks and Recreation Dept. Flatwoods Wilderness Park, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the Flatwoods Four road race, even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. hereby grant permission for free use of my name and picture in any broadcast, brochure or account of this event.

RAIN OR SHINE

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or guardian signature is mandatory if participant is under 18)