

March 2, 2013

8:00 AM

O'Leno State Park, FL

Hosted by Friends of O'Leno, Inc.

5th Year Anniversary Celebration!

**Finisher's Medal and Technical Race Shirt to all  
who complete the course!**



### Entry Fees

Until February 14th \$20

February 15th - Race Day \$25

Age 14 and under \$10 at all times

- Sorry, there are **NO REFUNDS except for payments received after 300 participant limit is reached.**
- Park entry fee is waived for participants and those riding with them.
- Register online at [www.active.com/event\\_detail.cfm?event\\_id=2030767](http://www.active.com/event_detail.cfm?event_id=2030767) under Oleno State Park Race the Tortoise 5K or mail registration form with check. Online registration closes 2/24/13 at midnight EST.
- **Make checks payable to Friends of O'Leno, Inc. and mail with entry form below to: POB 2879, High Springs, FL 32655 by 2/23/2013.**

### Race & Contact Information

Race Website: [www.friendsofoleno.org/events](http://www.friendsofoleno.org/events)

**No pets** for the safety of all participants.

POC: Cindy Preston, Park Service Specialist, 386-454-0723,

[Cynthia.F.Preston@dep.state.fl.us](mailto:Cynthia.F.Preston@dep.state.fl.us)

**Results:** Active.com or j7sports.net

### Packet Pickup & Day of Race Registration

In the Dining Hall near the parking area 6:45 am-7:45 am.

### Location

O'Leno State Park 6 miles north of High Springs, FL on US Highway 441.

[www.floridastateparks.org/oleno](http://www.floridastateparks.org/oleno) for O'Leno Park details.

**IMPORTANT! YOU MUST ARRIVE BY 7:30 AM, AS THE PARK ROAD WILL THEN CLOSE FOR THE RACE. CAR POOLING IS A GREAT IDEA.**

### Race Course

Certified Course: FL09012EBM.

Out and back course for runners & walkers & family friendly.

Paved, scenic road with mile markers.

Start/Finish near the main parking area - approx. 1.5 miles from Ranger's Station.

### Prize Money & Awards - One prize per runner

1st Place Overall M/F setting course record \$100

(M: 16:09.8 F: 18:05.5)

1st Place Masters setting course record \$50

(M: 16:59.5 F: 21:36.7)

Top 3 in Age Groups M/F

(9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39,

40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+)

Awards ceremony will begin at 9:15 am in the Dining Hall.

Refreshments served in the Dining Hall.

**REGISTRATION FORM - PLEASE PRINT CLEARLY**  
**Race The Tortoise O'Leno State Park 5K 3/2/2013 at 8:00 am**  
**Mail by 2/23/2013**

Name \_\_\_\_\_ Day Time Phone \_\_\_\_\_

Gender: M or F      Shirt Size: XS S M L XL XXL      Age on Race Day \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

E-Mail Address \_\_\_\_\_

I consider myself adequately trained for the O'Leno State Park 5K Run. I do hereby release O'Leno State Park and Friends of O'Leno, Inc., all sponsors, workers, and anyone involved in this race from any liability for accident, injury, illness, or death suffered by me in connection with this race. I attest and verify that I have full knowledge of the risks involved in this event. If I should suffer any accident, injury, or illness, I authorize the officials of the race to use their discretion to have me examined by EMT personnel and, if needed, transported to a medical facility. I will take full responsibility for this action. I have read the above release and understand that I am entering this event at my own risk.

The participant hereby grants the CSO or the Department permission to take and use photographs, audio, video or digital recordings made of the Event for publicity, promotional purposes, or other CSO or Department purposes.

Participant Signature and Date \_\_\_\_\_

Parent/Guardian signature if participant under 18 years of age and Date \_\_\_\_\_