

# Turtle Trot

## 5k-10k Run/Walk

Atlantic Recreation Center  
2500 Atlantic Avenue



**Labor Day Weekend**  
**Saturday, Sept. 5, 2009**  
**Fernandina Beach, FL**  
**7:30 a.m. start**

**RACE ROUTE • 7:30 AM start • ChampionChip Timing**

The **5K/10K** starts on the north side of Atlantic Avenue west of the Atlantic Recreation Center, 2500 Atlantic Ave., Fernandina Beach, FL, and heads west on Atlantic Ave., turning right on 14th Street. The 5K turns around at Land's End Deli. The 10K route proceeds into the back entrance of Fort Clinch State Park and through the park, back to Atlantic Avenue. **BOTH RACES WILL FINISH ON JEAN LAFITTE BLVD. EAST OF THE ATLANTIC REC CENTER PARKING LOT.** Signs and police will be posted to show runners where to cross Atlantic Avenue to reach the finish line. The courses are USATF certified, 5K: FL08001GAN, 10K: FL08002GAN. Be aware, traffic will be on the courses. The **1.5-mile noncompetitive walk** begins behind the racers. Routes will be clearly marked, and water stations will be provided. The 10K and 5K races will begin together promptly at 7:30 a.m. with the walkers beginning at 7:35 a.m.

**KIDS' RUNS FOR FUN • 9 AM start**

The 1/2 and 1 Mile fun runs are for children age 10 and younger. The fun runs are FREE but registration is required; race-day sign-up from 6 to 8:45 a.m. No t-shirts, but ribbons will be awarded to each finisher. Parents are encouraged to run/walk with their children!

**REGISTRATION & FEES**

\$20.00 per person through August 28, 2009. (AIR club members, \$15.00)  
\$25.00 per person after August 28 through day of race for everyone.  
No headphones, dogs or strollers in the 5K/10K. No refunds or walk awards.

**Pre-Registration:** Drop off entries at Club 14 Fitness (8 Flags Shopping Center, 1114 South 14th Street, 904-261-0557). You may also mail entries to Amelia Island Runners, P.O. Box 15322, Fernandina Beach, FL 32035, or register online at [www.AmeliaIslandRunners.com](http://www.AmeliaIslandRunners.com). Pre-registration ends at 2 p.m. Thursday, Sept. 3.

**Day of Race Registration:** Begins at 6 a.m. at the Atlantic Recreation Center. **NO REGISTRATIONS AFTER 7 A.M. ON RACE DAY.** Parking at Atlantic Rec Center and the city lot at Main Beach. No parking along Atlantic Avenue. Come early for best parking!

**Race Packet/Number Pick-up:** All preregistered runners/walkers can pick up race packets at Club 14 Fitness on Friday, Sept. 4, from 7 a.m. to 6:30 p.m., or at the Atlantic Rec Center on race day starting at 6 a.m. Chips must be picked up at the Rec on race day.

**Proceeds benefit:** Amelia Island Sea Turtle Watch, Friends of Fort Clinch for sea turtle patrols inside the park, and Amelia Island Runners youth running programs.

**CHAMPIONCHIP TIMING**

The race will be timed using ChampionChips. The chip must be worn on your shoe. Chips must be picked up on race morning, starting at 6 a.m., and returned after the race. You must preregister to use your own chip. If you don't wear a chip, you won't be timed!

**AWARDS, AND MORE!**

Three deep-male and female for 10K and 5K. Age Groups: 3-10, 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+.  
Overall, Masters and Grandmasters, male and female.  
Awards to first place boy and girl in the 1 Mile.  
T-shirts to all preregistered 5K/10K runners/walkers, and on race day while supplies last.

Post-race awards ceremony with door prizes! Save your bib number for the prize drawings.  
**GRAND PRIZE: 4-day, 3-night stay at the Amelia Island Plantation! Must be present to win.**

FREE showers available after the race at the Rec Center (bring your own towels!)  
FREE admission to Fort Clinch State Park after the race on Sept. 5 with your race bib!

**Drop off entries at:** Club 14 Fitness  
1114 South 14th Street (next to Island 7 Theatre)  
Fernandina Beach, FL 32034 (904) 261-0557

**Make checks payable to:** Amelia Island Runners

**Mail entries to:** Amelia Island Runners  
P.O. Box 15322, Fernandina Beach, FL 32035  
Questions? Please call (904) 277-3676

**Register online at:** [www.AmeliaIslandRunners.com](http://www.AmeliaIslandRunners.com)

Please Print: Name \_\_\_\_\_ Age on race day: \_\_\_\_\_ Male \_\_\_ Female \_\_\_

Address \_\_\_\_\_ Adult T-shirt size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Distance: 5K \_\_\_ 10K \_\_\_ 1.5-mi. walk \_\_\_

Home phone \_\_\_\_\_ E-Mail \_\_\_\_\_ Kids' fun run: 1/2 mile \_\_\_ 1 mile \_\_\_

**Waiver:** BY MY SIGNATURE I ACKNOWLEDGE THAT: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: Slip/trip/fall, contact with other participants, weather conditions, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of Amelia Island Runners, Inc. (AIR), Road Runners Club of America (RRCA), 1st Place Sports, the city of Fernandina Beach, county of Nassau, state of Florida and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of carelessness or negligence by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life-threatening condition. I further grant to Releasees the right to use any and all photographs, images, or accounts of this event in any matter they feel appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant, or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants. I also understand that I must return the Champion Chip transponder or I will be billed \$30 as replacement cost.

I have read and understand the above release. I agree with all of the terms of the release and I certify that I am over the age of 18 or have parent/guardian signature below.

**Participant Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

I certify that I am the parent or guardian of the above named participant. I agree with and expressly adopt all of the terms of this release.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

**CHIP NUMBER:**  
If you have your own ChampionChip, please enter the number below (print clearly!) and deduct \$2 from race fee. Preregistration only.

\_\_\_\_\_