



Natalie's Orchid Island Juice Company 5K Hibiscus Run

Saturday, April 17, 2010 at 7:00 am

LOCATION: I-95 South/North to Vero Beach S.R. 60 exit. East approximately 7 miles to 34th Avenue. Make a left and follow to Vero Beach Municipal Airport.

DISTANCE/COURSE: 5K. Fast, flat, one way along city streets from the Municipal Airport, through old Vero ending at the center of Downtown Vero Beach. One water station at the halfway mark. Return transportation will be provided at the corner of 21st Street and 14th Avenue at 7:45 am and 8:45 am.

ENTRY FEE: \$25.00 in advance, \$30.00 on race day.

AMENITIES: A Technical T-shirt for the first 150 who pre-register. A pancake breakfast cooked by the Lions Club, with juice provided by Natalie's Orchid Island Juice Company, is included for registered runners. Door prizes will be given out.

AWARDS: Special awards to overall male and female winner, overall male and female masters. First through Third Places in age groups:
0-9, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

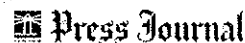
PURPOSE: This race will benefit two worthy non-profit organizations: Main Street Vero Beach and Vero Heritage, Inc.

GENERAL INFORMATION: Entry fees cannot be refunded. Please, for safety reasons, no: dogs, headsets or roller-skates. Be alert to possible road and traffic hazards along the course. PLEASE HELP BY PRE-REGISTERING. For more information, contact Mark Ashdown, Race Director 231-9047 or E-Mail: hibiscus5k@yahoo.com
Mailing address: P.O. Box 6253, Vero Beach, FL 32961.

RACE PACKET PICKUP: Race packets can be picked up at the Runner's Depot, 436 21st St., Vero Beach, FL 32960 (In Vero Plaza East on Miracle Mile) on Thursday and Friday, April 15 and 16. Open 10 am - 5 pm, or at the registration table at the start. Registration starts at 6 am.

NOTE: Please do not leave your vehicles downtown or they will be towed. As stated above, return transportation is provided back to the airport.

Natalie's Orchid Island Juice Company 5K Hibiscus Run
Presenting Sponsor: The City of Vero Beach



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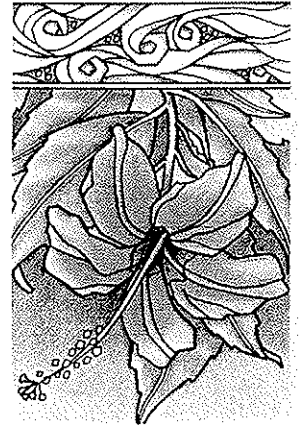


Graphic & Printing

Fat Cat Graphics



Vero Beach, Florida



Hibiscus Festival

The City of Vero Beach
Presenting Sponsor:

Saturday, April 17, 2010 ~ 7:00 am

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Natalie's Orchic Island Juice
Company 5K Hibiscus Run
Mark Ashdown
Race Director
P.O. Box 6253
Vero Beach, FL 32961

ENTRY FORM

**PLEASE PRINT & COMPLETE: Make checks payable to The Hibiscus Festival.
Mail to: P.O. Box 6253, Vero Beach, FL 32961**

Name: _____

Address: _____ City: _____ State: _____ ZIP: _____

Telepone: _____ Age (day of race) _____ Sex: _____

E-Mail Address: _____ Shirt size S M L XL

Waiver of responsibility: In participating in the "Hibiscus Festival 5K Run," I for myself, my executors, administrators and assigns, do hereby release and discharge the Hibiscus Festival and all cooperating businesses and organizations from all claims of damages, demands, actions and whatsoever, in any manner arising or growing out of my participation or that of my child in this event. I also give full permission for use of my name and photograph in connection with this event.

Signature: _____ Date: _____

Parent Signature (if under 18): _____ Date: _____