

LOCATION & TIME

Sunday, October 29, 2017 - 7:30am
Apopka Seventh-Day Adventist Church
340 E. Votaw Road, Apopka, FL 32703
Parking is available on church grounds.

REGISTRATION INFORMATION

The 5k/10k is open to all runners, walkers and joggers. Children under the age of 18 MUST have parental permission. The Kids Fun Run is open to kids 12 and under.

HOW TO REGISTER

Online at LMDapopka.com

Fill out the back of this card and mail it to
340 E. Votaw Road, Apopka, FL 32703
or fax it to (407) 889-9761

On race day, registration will take
place starting at 6:00am.

ENTRY FEE

Registration 5K		Registration 10K
\$25 until 9/30		\$35 until 9/30
\$30 10/1 - 10/27		\$40 10/1 - 10/27
\$35 race day		\$45 race day

PACKET PICKUP

Packet pickup will ONLY be offered the morning of the race from 6-7am. If you need other arrangements, please email us at letsmovedayapopka@yahoo.com or visit our Facebook page at Let's Move Day Apopka.

EVENT DETAILS

Registration 6:00am-7:00am
Vendor Booth Setup 6:00am-7:30am
Race Start 7:30am
Health Fair 8:00am-10:30am
Awards 9:00am
Kids Fun Run 9:30am

HEALTH FAIR

The Health Fair portion of the event will be located on lower level of church grounds and will run from 8-10:30am. Booth setup will start at 6am. All vendors are welcome. Send an email to letsmovedayapopka@yahoo.com for pricing and vendor package information.



PRESENTING SPONSOR:  FLORIDA HOSPITAL
Apopka

5K & 10K WALK/RUN

Both the 5k and 10k races will begin at 7:30am from the Apopka Seventh-day Adventist Church using the West Orange Trail.

KIDS FUN RUN (12 & UNDER)

The children will use the inner track on the grounds of the Apopka Seventh-day Adventist Church. There will be three heats: 0-5 y/o, 6-9 y/o, and 10-12 y/o beginning at 9:30am. All children's races and activities are free of charge, but all children must be registered by official guardian. Kids shirts are one size fits all ensured through pre-registration.

AWARDS

All pre-registered entrants who register by October 1, 2017 will receive a commemorative athletic tech-shirt. All participants will receive a medal. There will be 13 age divisions: 12 and under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and older. An award will be given to the top male & female in each age group.

BENEFICIARY

A portion of the race proceeds will go to help fund programs directly related to educating families in living healthy lifestyles in our community of Apopka. Join us to raise awareness so that our children can reach adulthood at a healthy weight.