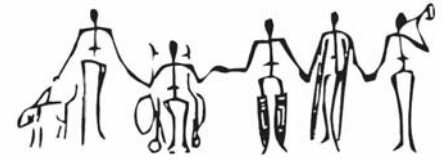




2nd Annual

NOBOUNDRARIES[®] 5K

RUNNING CHANGES EVERYTHING.



The Advisory Board for the Disabled



DAG-System[®] Timing Utilized

Purpose

Provide funding to the Advisory Board for the Disabled for the expansion of the Douglas G. Halliday Boundless Playground.

Date & Time

Saturday, April 10, 2010

7:30 a.m.: 5K (3.1 miles)

8:30 a.m.: Kids Fun Run

9:00 a.m.: Awards Presentation

Directions & Parking

The run will take place at Eastmonte Park at Magnolia and Ronald Reagan Blvd.

Entry Fee

Entry fees are nonrefundable

Kids 10 and under \$10 (5K only)

Students 11 - 17 \$15

Adults \$20

Race Day \$25

Kids Run Free 10 and under

Every Parent must fill out child's registration form.

Amenities

Participants will receive a NO BO Signature shirt. Shirts and sizes are not guaranteed for day of race registration.

Beneficiary

All proceeds to benefit The Advisory Board of the Disabled and funded to the Boundless Playground Project at Eastmonte Park

Kids Fun Run

Children are divided into age appropriate groups and distances. All participants receive a prize.

Registration

Register online at www.fleetfeetorlando.com

Or mail completed entry form no later than April 6 to:

Fleet Feet Sports, Attn: NOBO 5K Race

397 E Altamonte Springs #1470

Altamonte Springs, FL 32701

Make all checks payable to: Fleet Feet Sports

Packet Pick-Up

Pick up shirt, race packet and information at Fleet Feet Sports (397 E Altamonte Dr #1470 Altamonte Springs, FL 32701 tel. 407.772.2233) starting Thursday, April 8th, from 11:00 am - 7 p.m. through Friday, April 9th, from 10:00 am - 5:00 pm. Packets will also be available on race day at Eastmonte Park.

Check In

Check in starts at 6:30 a.m., on April 10th.

Awards

The top three male and female finishers will win awards. There are also awards for the top three male and female finishers in six different age groups.

Raffle prizes

Stay for the awards and an opportunity to win one of many raffle prizes - New Balance shoes, gift certificates and many others.

Restrictions

For safety reasons, wheelchairs, baby jogger/strollers, in-line skates, skateboards, headphones and dogs will not be allowed in the race.

Find more information at www.fleetfeetorlando.com

One entry per person - photo copies accepted.



REGISTRATION FORM

5K RUN KIDS RUN

SHIRT SIZE (Unisex) XS S M L XL 2XL
circle one

LAST NAME _____ FIRST NAME _____ M.I. _____

DATE OF BIRTH _____ AGE ON RACE DAY _____ SEX _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

DAY TIME PHONE _____ EVENING PHONE _____

EMAIL ADDRESS _____

BIB#

Amount Paid \$ _____

METHOD OF PAYMENT:

CASH CHECK CHARGE

Make check or money order payable to:
Fleet Feet Sports

Mail completed entry form to:
Fleet Feet Sports,
Attn: NOBO 5K Race
397 E Altamonte Springs #1470
Altamonte Springs, FL 32701

For Official Use Only

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and executors waive all rights and claims for damages which may hereafter accrue to me against all Beneficiaries, Fleet Feet Sports, the city of Altamonte Springs and its residents, Seminole County, any of the above mentioned races and their sponsors upon which I am entering, any subsidiary or political division thereof, its or their respective officers, agents, representatives, successors, assigns, and sponsors for any and all damages or injuries which may be sustained and suffered by me in connection with my association with entry or participation in the event as is mentioned above. If I should suffer injury or illness I authorize officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for these actions. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photography, videotapes, motion pictures, recordings or any other record of this event for any purpose. Bicycles, baby stroller/joggers, dogs, inline/roller skates, are prohibited.

I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

SIGNATURE (If under 18, parent's signature required) _____ DATE _____