

**2008 Flapjack 5K**  
**LOL Recreation Center - 3032 Collier Parkway, Land O' Lakes , FL**  
**Date - Sunday, Dec. 7, 2008, 8am**



Directions: 1 mile north of SR 54 on Collier Parkway (just past library on right), in Land O' Lakes. 3032 Collier Parkway, LOL, FL 34639

Races Times: 5K - 8am, 1 Mile - 8:45am Free Kiddie Race (3-5 year old) - 9:05am  
Age Groups: 9 & under thru 65+

New in 2008 - A beautiful Cross County course will replace the road race and will be on the site of the Collier Parkway Recreation Center. The course is 90% grass and will be two loops on a 1.5 mile course.

5K Awards: 3 Deep, in 5 year age groups, Additional youth awards (10-11. 12-13. 14-15,16-19)  
**8 Family Team Awards** in 5K & 1 Mile Divisions: Father/Son, Father/Daughter, Mother/Son, Mother/Daughter, Husband/Wife, Brother/Brother, Brother/Sister, Sister/Sister (The lowest combined times will receive a first place trophy in each division) Team members can only apply to one category, no cross overs please.

Amenities: Custom T-Shirt, limited to the first 250 registered runners, also Fruit, Flapjack Breakfast and more

Registration Fees: \$15 before, \$20 Race Day. Students K-12: \$10 if registered with school coach by Monday, November 24

Race Director: Kris Keppel (813) 996-2824, E-mail- jkkeppel@hotmail.com

Make Check Payable to: Central Pasco Chamber of Commerce (www.centralpascochamber.com) 813-909-2722

Mail Registrations to: Kris Keppel,4300 Parkway Blvd., LOL, FL 34639 Postmark by Mon. Dec. 1.

Flapjack 5K Hosts: CENTRAL PASCO CHAMBER. Land O' Lakes H.S. Cross Country Teams, Pasco County Parks & Recreation, Land O' Lakes Rotary Club, Land O' Lakes H.S. Interact Club

Sponsors: Athletes Who Care, Tampa Tribune, Hungry Harry's BBQ, Dr. Jay Nelson DMD, Running Center, LOLHS Athletic Boosters, Beef O' Brady's, eBest Source, McDonald's of LOL, Sunset Produce, Jerry McCarthy- State Farm

Official Entry Form

PLEASE ONLY ONE RUNNER OR TEAM PER ENTRY FORM

Event  5K  1 Mile  Family Team (List two team members) \_\_\_\_\_  
 Division:  Father/Son  Father/Daughter  Mother/Son,  Mother/Daughter *Each member pays*  
 Husband/Wife  Brother/Brother  Brother/Sister  Sister/Sister *the entry fee.*  
 Each Family Team is limited to one Family Team Award and can only run in one event.

List All Names \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Runners Ages on Race Day \_\_\_\_\_ Male  Female  T-Shirt Size circle two if a team (YS YM YL SM M L XL XXL)

Club/School Affiliation \_\_\_\_\_

Incomplete or unsigned form will not be accepted. In consideration of my entry being accepted, I intend to be legally bound and do hereby, for myself, my heirs, executors, waive and release any and all rights claims for damages which I may be hereinafter occur to me against the Flapjack 5k or any subsidiary or political division thereof, or their representative officers, agents, 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 Flapjack 5K. 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 this action. I attest and certify that I am physically fit and have sufficiently trained for the competition of the event. I hereby grant full permission to any and all of the foregoing to use any photography, video tapes, motion pictures, recordings or other record of this event for any purpose.

\_\_\_\_\_  
 Signature of Runner or Parent /Guardian

\_\_\_\_\_  
 Date