

## Endless Summer

### 10K XC Run & 5k Beach Walk

[www.endlesssummerrun.org](http://www.endlesssummerrun.org)

September 22, 2012

7:30 AM

Friends of Anastasia State Park  
provide:

- Recycling
- Educational materials and technology
- Native plant purchases
- Junior Ranger program support
- Roadside clean up

\*\*\* Friends of Anastasia \*\*\*

*"Friends gathering together to celebrate,  
protect and enhance the natural beauty in  
Anastasia State Park."*

Endless Summer Registration  
Anastasia State Park  
1340A A1A South St. Augustine, FL 32080

Phone: 904-461-2035  
E-mail: [Shelly\\_young@dep.state.fl.us](mailto:Shelly_young@dep.state.fl.us)  
[www.endlesssummerrun.org](http://www.endlesssummerrun.org)

Endless Summer  
10K XC Run & 5k Beach Walk

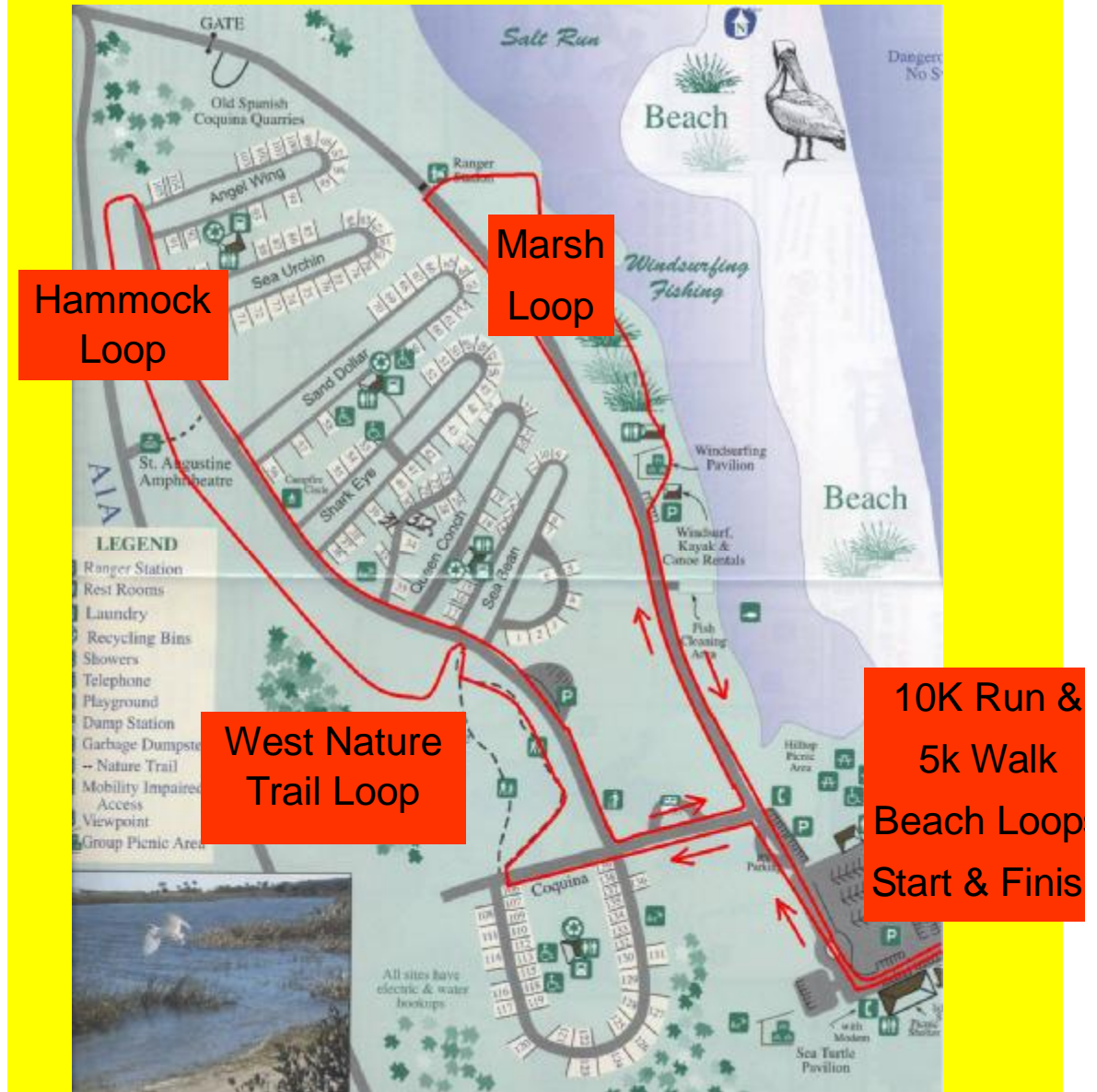
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904-461-2035

## 2012 Endless Summer 10K XC Run & 5k Beach Walk Anastasia State Park



10K Run &  
5k Walk  
Beach Loop  
Start & Finis

# 10K Course

## Sand, Road, Trail

Beach, Hammock, Saltmarsh

This 10K (6.2 mile) run through Anastasia State Park's beach, hammock, and salt marsh takes you to some of St. Johns County's most beautiful terrain.

The race begins with a beach loop, pavement, dirt roads, and soil through the east nature trail and hammock loop. Participants will hit the pavement and trail again and head to the marsh loop. The



Photo: David Saunders

last leg of the race shoots down the main park road to the beach for a final loop on sand.

This is a cross country run and participants will run or walk on soft sand, uneven terrain,

mixed pavement types, and hills with sun exposure, heat, and humidity, etc.

This 5K (3.1 mile) beach walk starts and ends on Anastasia State Park's most beautiful

Beach. This is a low tide beach loop walk on sand. Completion awards will be given to all walkers.

In order to participate in this program, one:

- Must have the ability to follow visual and/or verbal instructions independently or with the assistance of a companion.
- Must have the ability to withstand exposure to the outdoors for a period of 1 to 3 hours.
- Must have the ability to traverse wet, sandy, and uneven terrain for up to 6.2 miles run or 3.1 miles walking independently or with the assistance of a companion.

## Schedule

Today: Register

September 22: Race Day

6:30-7:15 AM Registration

7:30 AM Race begins

9:30 AM Awards Ceremony

Results posted on [www.endlesssummerrun.org](http://www.endlesssummerrun.org)

## 10K XC Run Awards

Medals will be awarded to first place Participants for each category. Ribbons will go to second and third place winners.

10-15	16-19	20-24
25-29	30-34	35-39
40-44	45-49	50-54
55-59	60-64	65-69
70Æ		

## 5K Beach Walk Awards

Completion awards will be given to all walkers.

## Registration: 10K Run & 5k Beach Walk

(includes entrance to park)

\$18 Ancient City Road Runners through Sept. 21st

\$20 Run Fee through Sept. 21st (includes entrance to park)

\$25 Run Fee on September 22nd

\$23 Ancient City Road Runners Sept. 21st

\$40 Run Fee with Friends Membership! Get 12 free passes to Anastasia State Park. A \$96 value.

Please make checks payable to:  
Friends of Anastasia State Park

## Friends of Anastasia State Park

Register by Mail:

Friends of Anastasia / Endless Summer  
1340A A1A South  
St. Augustine, FL 32080

Download and Print Registration Forms:

[www.endlesssummerrun.org](http://www.endlesssummerrun.org)



Photo: Robert Burks

Endless Summer Registration  
Anastasia State Park  
1340A A1A South St.

Phone: 904-461-2035

E-mail:

[Shelly.young@dep.state.fl.us](mailto:Shelly.young@dep.state.fl.us)  
[www.endlesssummerrun.org](http://www.endlesssummerrun.org)

## Register! ESR 2012

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: F M

Shirt Size: S M L XL XXL

I know that entering this run is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of the race officials relative to my ability to safely complete the run. I assume all risk associated with participating in this event, including but not limited to: falls, contact with other participants, traffic, animals or plants and plant roots, effects of weather, including high heat and humidity, tidal and beach conditions, including potential pipelines or equipment, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone on my behalf, waive and release Anastasia State Park, the Friends of Anastasia, American Association of Running Clubs, the City of St. Augustine and of St. Augustine Beach, St. Johns County, the State of Florida, and any and all sponsors, their successors, and representatives from all claims or liabilities of any kind arising from my participation in the Endless Summer 10K Cross Country event, even though that liability may result from negligence or carelessness on the part of the persons or entities named.

Signature: \_\_\_\_\_

Under 18? Parent's Signature: \_\_\_\_\_

\_\_\_ \$40 Run \_\_\_ Walk \_\_\_ Fee with Friends Membership! Get 12 free passes to Anastasia State Park! A \$96.00 Value

\_\_\_ \$20 Run \_\_\_ Walk \_\_\_ Fee (\$25 on Sept. 22)

\$ \_\_\_ Donation to Friends

\$ \_\_\_ Total Enclosed

Race T-shirt's not promised for same day registration.

Make checks payable to:  
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St. Augustine, FL 32080