

Endless Summer

10K Run / Walk

www.endlesssummerrun.org

October 30, 2010

7:30 AM

Friends of Anastasia State Park provide:

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

Current goals include:

- Accessibility for all nature trail
- Propagate native plants
- Install energy efficient solar panels
- Build new playground

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Benefits

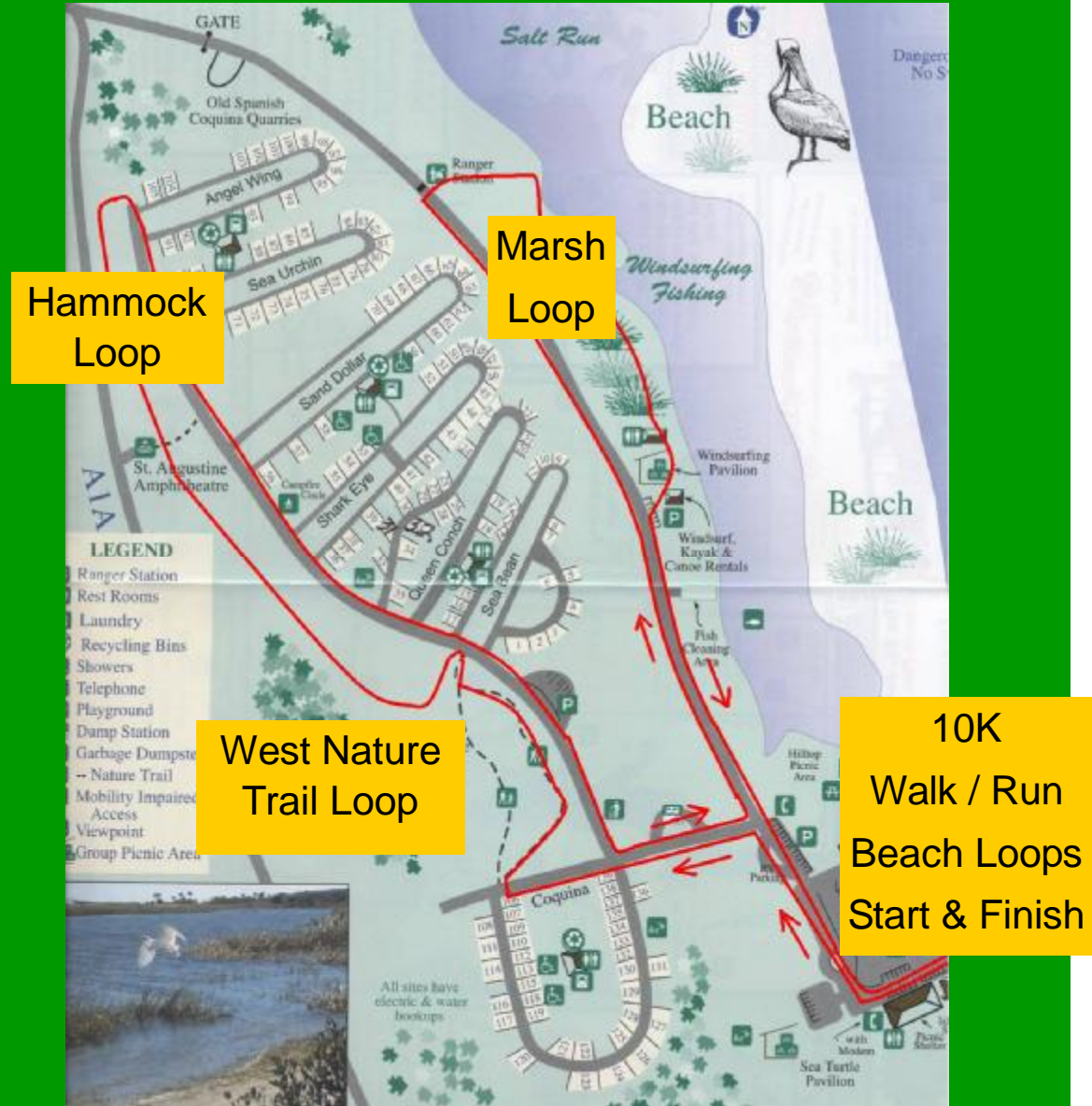
Friends of Anastasia
State Park

October 30, 2010
7:30 AM

www.endlesssummerrun.org
904-461-2035

Endless Summer 10K Halloween Themed Run/ Walk Anastasia State Park

Costumes
Optional



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
www.endlesssummerrun.org

10K Course

Sand, Road, Trail

Beach, Hammock, Saltmarsh

This 10K (6.2 mile) run/ walk through Anastasia State Park's beach,

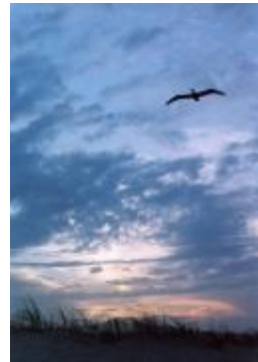


Photo: David Saunders

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

This is a cross country run/ walk and participants must be fit to run or walk on soft sand, uneven terrain, mixed pavement types, and hills with sun exposure, heat, and humidity, etc.

Schedule

Today: Register

October 30: Race Day

6:30-7:15 AM Registration

7:30 AM Race begins

9:30 AM Awards Ceremony

Results posted on www.endlesssummerrun.org

10K Run/ Walk Awards

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

13-19	40-49
20-29	50-59
30-39	60-69
70+	

Registration 10K Run/ Walk

(includes entrance to park)



Photo: Robert Burks

\$18 Ancient City Road Runners through Oct.29

\$20 Run Fee through October 29th

(includes entrance to park)

\$25 Run Fee on October 30th

\$23 Ancient City Road Runners Oct.30th

\$35 Run Fee with Friends Membership! Get 12 free passes to Anastasia State Park!

Please make checks payable to:

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

Come join our first ever Halloween Themed Run/ Walk. Participants are encouraged to wear costumes: PRIZES AWARDED. Bring all your friends and family to cheer you on and join the fun!!!!!!

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

Phone: 904-461-2035
E-mail: Shelly.young@dep.state.fl.us
www.endlesssummerrun.org

Register!

Name: _____

Address: _____

Phone: _____

Email: _____

Age: _____ Gender: F M

Shirt Size: S(Jr.xl) 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: _____

____ \$35 Run /Walk Fee with Friends Membership! Get 12 free passes to Anastasia State Park!

____ \$20 Run /Walk Fee (\$25 on Oct.30)

\$____ Donation to Friends

\$____ Total Enclosed

Make checks out to Friends of Anastasia Detach and Mail to Address Below