

Please make check or money order payable to:

University of Miami

Send Completed Application to:

Split Second Timing

2211 Charleston

Weston FL 33326

RELEASE FORM (Mandatory)

In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors, and administrator, waive and release any and all rights and claims for losses and damages I may have against the County of Miami-Dade; University of Miami; Split Second Timing, race directors, their officers, directors, members, and volunteers, any and all sponsors including other parties and their representative successors, and assigns for any and all injuries suffered by me in said event. I attest that I am physically fit and have sufficiently trained for the competition of this athletic event and competition which I am voluntarily entering at my own risk. My physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

NO ONE MAY ENTER THIS EVENT WITHOUT SIGNING THIS OFFICIAL WAIVER

If under 18, signatures of legal guardian and participant are required.

Participant # 1:

SIGNATURE _____

DATE _____

Participant # 2 (If Applicable):

SIGNATURE _____

DATE _____

HEAT WARNING: Temperatures/humidity can be high in South Florida. Participants should drink plenty of non-alcoholic fluids or sports drinks for 48 hours prior to, during, and upon finishing the race. Beware of heat injury symptoms (dizziness, no sweating, nausea, cramps, redness, incoherent speech and thoughts). Seek immediate assistance if symptoms occur. Wear loose, light-colored clothing, a hat and sunscreen.



Race hosted by:



Premier Race Sponsor:



Contact Information

Split Second Timing:

Race registration, results, and photos
www.splitsecondtiming.com
954.384.7521

Race Director:

info@vday5k.com
305.537.6786

City of Miami's PAD Program:

http://www.ci.miami.fl.us/Fire/PAD/pages/OverviewObjective.asp
PADCoordinator@ci.miami.fl.us
305.569.3625



Call 305-537-6786 to request material in accessible format, information on access for persons with disabilities, or a sign language interpreter (7 days in advance).

Online Registration:
www.vday5k.com

No entry accepted without registration fee
No refunds / Race will proceed rain or shine

Valentine's Day

5K



-Day 5K MIAMI

Run/Walk to Protect the
Hearts of Miami

Sunday, February 14, 2010

Start Time: 8:00 a.m.

Distance: 5 kilometers

(3.1 miles)

Location: Crandon Park South
on Key Biscayne

Online Registration:

www.vday5k.com

VALENTINE'S DAY is the holiday for celebrating love and happiness. Bring your family, friends, and that special someone to have fun and race for a great cause!



Why Participate?

- ♥ Lets You Support a Local and Heart-Related Life-Saving Cause
- ♥ An Energetic and Romantic Activity for Couples to Accomplish Together
- ♥ Healthy Way to Begin Your Day
- ♥ Discover Your Time on a Certified 5K Course with the D Tag Timing System
 - ♥ Free T-Shirt
 - ♥ Free Salsa Lesson
 - ♥ Free Refreshments
- ♥ Relax on a Beautiful Beach Afterwards
- ♥ Gives You a Chance to Win an Award
- ♥ Gives You an Excuse to Run

Our Cause: PAD Program

Proceeds from the race will go to the **City of Miami's Automated External Defibrillator (AED) Public Access Defibrillation (PAD) Program**, also known as **Team for Life**. The PAD program works to help make AEDs available around Miami "in order to improve survival rates of those who suffer a cardiac arrest."



Sudden cardiac arrest is the condition in which a person's heart suddenly stops functioning properly. **Over**

465,000 people die each year due to sudden cardiac arrest. Once the heart fails to pump blood sufficiently, **defibrillation is required within two to five minutes** before the victim begins to develop irreversible brain damage. Unfortunately, **getting an AED to a victim before brain damage occurs** is very difficult, which is why **installing AEDs in public places around Miami can mean saving many lives.**



~Race Details~



PLACE:
Crandon Park South
6747 Crandon Boulevard, Key Biscayne, FL 33149

DIRECTIONS:
From North: Take I-95 South to Exit #1 - Rickenbacker Causeway, Key Biscayne. Drive 4.9 miles until you see the Crandon Park South Exit to your left.
From South: Take and remain on US 1 North. Turn right onto Rickenbacker Causeway and drive until the Crandon Park South Exit to your left.

PARKING:
Parking is \$6 per car and will be available in the South Beach Parking lot.

COURSE:
5K Run - 3.1 miles, USATF certified

TIMES:
Race Day Registration & Packet Pickup.....6:30-7:45 AM
5K Run/Walk Start.....8:00 AM
Awards Ceremony.....9:30 AM

INPERSON REGISTRATION & PACKET PICKUP:
Saturday the 13th: 11—3 PM at Key to Health, located at 99 Harbor Drive, Key Biscayne, 33149. Phone: (305) 361-1765

ENTRY FEE:
Early registration through February 13th
Individual.....\$20.00 Couple.....\$35.00

Race Day registration
Individual.....25.00 Couple.....\$40.00

AGE DIVISIONS:
5K Run: Male & Female - Starting at 12/under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75/over.

AWARDS:
Top Three Couples (combined times), Top Three Overall Male/Female, Top Three Male/Female in each age division.

T-SHIRTS:
Commemorative T-shirt for all participants. Late registration not guaranteed correct sizes.

REGISTER ONLINE: www.vday5k.com



Valentine's Day 5K Miami ♥ Sunday, February 14, 2010 ♥ 8:00 AM ♥ Crandon Park South

SHIRT SIZE: Participant #1: S M L XL F
Participant #2: S M L XL F

AGE: Participant #1: _____ AGE: Participant #2: _____

LAST NAME: Participant #1, Primary Contact _____ FIRST NAME: Participant #1 _____
LAST NAME: Participant #2 (If Applicable) _____ FIRST NAME: Participant #2 _____

MAILING ADDRESS STREET: Primary Contact (Include Apt. No. And/or C/O) _____

CITY _____ STATE _____ ZIP CODE _____

EMAIL ADDRESS: Participant #1 _____



Entry Type:
 Early Registered Individual.....\$20
 Early Registered Couple.....\$35
 Race Day Individual.....\$25
 Race Day Couple.....\$40
 Optional Donation \$ _____

Benefiting the City of Miami's PAD Program

TOTAL \$ _____

EMAIL ADDRESS: Participant #2 _____
 Make Check or Money Order Payable to: University of Miami Golden Key
 Mail to: Split Second Timing, 2211 Charleston, Weston, FL 33326