

Inaugural
AUTUMN FOUR MILER
November 20th, 2010
Elizabeth Evans Park

Description: The Autumn Four Miler is the premiere road race in Lake County, a 4-Mile road race/walk through beautiful Mount Dora. The unique and challenging course takes runners through the entire city, highlighting its historic design, soft hills, and spectacular waterfront vistas. The race begins and ends in Elizabeth Evans Park, incorporates the Highland Street and Fifth Avenues business and shopping districts, includes a scenic half-mile stretch along the shores of Lake Dora, and finishes with a downhill run into Historic Downtown on this USATF Certified (FL06064DL) featuring standard 5 year age groups and awards.

Time and Place: Race Day is Saturday, November 20th, 8:00 a.m., Elizabeth Evans Park, downtown Mount Dora. Registration and packet pick-up are on Friday, November 19th, from 4:00 p.m. - 7:00 p.m. at the On the Run Fitness 301 N Baker Street, and Saturday, November 20th, from 6:00-7:30 a.m., at Elizabeth Evans Park.

Cost: \$22 for early-registration (post-marked prior to July 31st); \$25 Aug 1st through Nov 19th; \$30 on race day.
Register online at www.altavistasports.com, or download the application and mail to Mount Dora Sister Cities Assoc. 301 N Baker Street # 101, Mount Dora, FL 32757. Checks must be made payable to "MDSCA."

Food, lodging and shopping: For a complete list of bed and breakfast, hotel, dining and shopping opportunities in Mount Dora, visit this website: whattodoinmountdora.com

Registration Form (Please Print)

Name: _____ Phone: _____
Address: _____ E-mail: _____
City/State/Zip Code: _____ T-Shirt Size: S M L XL

Age on Race Day: _____ Date of Birth: _____
Sex: Male Female Event: 4 Mile Run 4 Mile Walk

Person to contact in case of emergency: _____

Home Phone: _____ Alternate Phone Number: _____

Entry Fee:

Through July 31st \$22 _____

Aug 1st – Nov 19th \$25 _____

Race day \$30 _____

Please make check payable to: *or* Register online at www.altavistasports.com

MDSCA

**301 N Baker Street # 101
Mount Dora, Florida 32757**

WAIVER (MANDATORY)

I, the undersigned, hereby waive and release the City of Mount Dora, all event sponsors, employees and volunteers from any claims, damages, actions, liability, and expense in connection with loss of life, personal injury, and/or damage of property which may occur as a result of running, walking, or engaging in any type of physical activity during the event. I give my full permission to the event organizers to use any photographs and videotapes that are made during the event.

Signature of Participant or of Parent/Legal Guardian (If participant is under 18) _____ Date _____

T- Shirts:

All entries postmarked by Nov 5th will receive a t-shirt with their registration.
After Nov 5th, sizes are not guaranteed.

Awards:

Top three male and female overall, top male and female master, top male and female grandmaster, Top male and female senior grandmaster and the top three finishers in each age division will receive Awards. Age groups: 14 and under, 15-18, 19-24, 25-29 and standard 5 year age groups up to 70 and over.

Directions:

Elizabeth Evans Park is located at the south end of Donnelly Street (near Lakeside Inn)

Contact Us:

For additional race information call:
Race event coordinators:

Vickie@ontherunfitness.net
Bikila1960@gmail.com