ME STRONG

Linda's Run For The Dream

5K Walk / Run in Historic DeLand, Florida

Date & Time

Saturday, February 2, 2013 with a 8 a.m. start

Entry Fee

Entry fees are nonrefundable. Credit cards accepted during on-line registration. Cash or check only accepted on race day.

- Through Nov. 30 $20
- Dec 1 – Dec 31 $25
- Race Day $30

$5 off for entrants under age 18

All entries will receive a t-shirt. Shirts or sizes are not guaranteed on race day registration.

Packet Pick – Up

Friday TBD, race day beginning at 6:30 am,
Indiana Ave., DeLand, Fl.

Registration

Register online thru January 30 at:
www.altavistasports.com
Mail completed entry form:
ME STRONG
P.O. Box 1353
DeLand, Florida 32721

Awards

The top male and female overall and the top two in the following age groups 1-11, 12-17, 18-29, 30-34, 35-39, and in 5 year groups to 70.

Event Description

Please accept this personal invitation to join me in the Second Annual "ME STRONG – Linda's Run for the Dream" on Saturday, February 2, 2013 in DeLand, FL.

In July 2011, at the age of 43, I received the frightening news that I had recurring cervical cancer. Just a short time before my diagnosis I trained and successfully completed my first marathon. It is my belief that it is no coincidence that I began this journey fighting cancer in the best shape of my life. In March 2012, after 8 rounds of chemo, I received the good news that I am cancer free. My doctors all agree that my physical shape played a large part in the success of my treatment.

Life is often a rollercoaster ride bringing us many unexpected trials. If you were put to the test tomorrow, are you prepared for the race of YOUR life? It is my dream to see all of you make a commitment to living healthier lives so when you are faced with the fight of your life your body is prepared mentally and physically.

It is with great enthusiasm that I invite all of you to join me for "ME STRONG - Linda's Run for the Dream 2013!

- Linda Ryan

Proceeds to benefit The ME STRONG mission of battling cancer through the power of friendship.

Location

123 West Indiana Ave, DeLand, Fl 32720
From Orlando: take 1-4 to Exit 118 turn right continue 5 miles; turn right on Florida Avenue (6th Stoplight)
From Daytona : Take HWY 92 west; turn left on Woodland Blvd continue 1.7 miles; turn right on Rich Street (4th stoplight)

Entry Fee: • Through Nov. 30 $20
• Race Day $30 (Cash or Check Only)

Email Address _____

Last Name First Name M

Address (street)

City State Zip Code

Day Phone

Gender M F

Date of Birth

Age (on race day)

T-Shirt Size

S M L XL

YS YM YL

Attach Check Payable to: ME STRONG.
Mail completed entry form to: ME STRONG
P.O. Box 1353 DeLand, Florida 32721

Amount Enclosed

Incomplete or unsigned entry forms 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 and assigns, waive and release all rights and claims for damages which may hereafter accrue to me against ME STRONG , its subsidiaries and affiliates, officers, agents, directors, representatives, and sponsors, Alta Vista, the City of Deland, Florida and the County of Volusia, Florida, as a result of my participation in the ME STRONG 5K for any and all damages or injuries which may be sustained or suffered by me even though such damage or injury may arise out of negligence on the part of any of the parties named above. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for these actions. I am physically fit and have sufficiently trained for the completion of this event. I grant full permission to any and all of the foregoing to use my photographs, videotapes, motion pictures, recordings, or any other record of this event for any purposes. Bicycles, baby strollers/joggers, dogs, inline/roller skates, headphones are prohibited. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

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SIGNATURE REQUIRED (If under age 18, parent's signature required)