



APRIL 11, 2010

Release Form: 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; Split Second Timing, The City of Pembroke Pines, Charter Schools of Pembroke Pines, Pembroke Pines Police Athletic League, Pembroke Gardens LLC and Jeffrey R. Anderson Real Estate as Managing Agent; 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 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.

Use of strollers or baby joggers and headsets or walkmans/Ipods, are not permitted on the course during the 5K Run.

No one may enter this event without signing this official waiver.

Signature: _____

Date: _____

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

What is PAL?

The Police Athletic League (PAL) is a recreational and education-oriented juvenile crime prevention program. PAL relies heavily on athletics and educational activities to create better relations between police officers and the youth of our community. Although PAL targets at-risk kids, PAL is for every child in the community.

**COPS AND KIDS...
A WINNING COMBINATION**

The City of Pembroke Pines Charter School system is the largest municipally run charter system in the nation with 7 campuses from K-12 grade and 5,500 students. All campuses are awarded an A rating on the State of Florida A+ Plan.



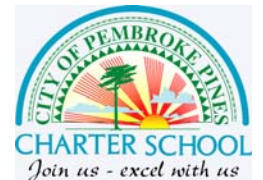
PILL BOX PHARMACIES PINES 5K PURSUIT



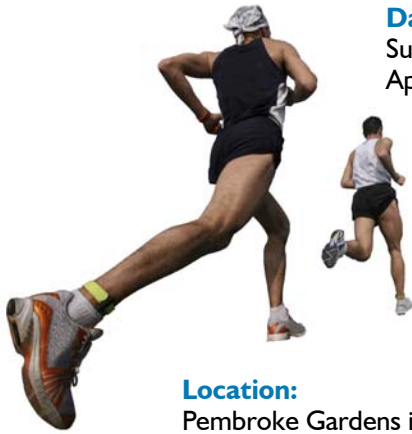
**Sunday, April 11, 2010
5K Race 7:30 AM
Walkathon 7:30 AM**

**The Shops at Pembroke Gardens
527 SW 145th Terrace
Pembroke Pines, Florida 33027**

PROCEEDS BENEFIT:



**Timed By: Split Second Timing
www.splitsecondtiming.com**



Date:
Sunday,
April 11th, 2010

Place:
Pembroke
Gardens
527 SW
145th Terrace
Pembroke
Pines, FL
33027

Location:
Pembroke Gardens is located east of
I-75 and south of Pines Boulevard.

Times:
Raceday Registration 6:00AM
5K Run 7:30AM
Walkathon 7:30AM
(Walk is non-competitive. No chips or awards)

Entry Fees:
(Fee non-refundable, includes T-shirt and refreshments)
Pre-Registration \$25.00
Race Day Registration \$30.00

Pledges for The Pursuit: You can not only run/walk,
you can raise pledge dollars too! Ask family, friends,
co-workers to donate on your behalf. Pledging can
be fun - get a team together, learn about pledge
prizes, be listed as a top fundraiser...it's another way
to raise funds for the Charter Schools and Pal
Program. For more information, call 954-986-5044.

Age Divisions:
12 Under, 13-14, 15-19, 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 5K Run:
Top 3 Overall Male/Female
Top 3 Masters Male/Female
Top 3 Male/Female in each Age Division

Race Registration:
Registration closes at noon time Friday, April 9th at
all locations. Participants can register at the race
site beginning at 6:00 AM April 11, 2010.

Pre-Registration by mail:
Police Athletic League
7900 Johnson Street
Pembroke Pines, FL 33024

Pre-Registration in Person:
Begins March 29th, 2010

Pembroke Lakes Tennis Center, 10500 Taft Street
954-431-4146
M-F 8:00AM - 9:00PM
Sat./Sun. 8:00AM - 5PM

Runner's Depot
2233 South University Drive, Davie, FL
954-474-4074
Store Hours: M-F 10AM-7PM; S 10AM-6PM;
SU 12PM-4PM

Register On-Line: www.splitsecondtiming.com

Packet Pick-Up:
Pembroke Pines PAL, 7900 Johnson Street
April 8th and 9th, 2010, 4PM - 8PM

Race Day Packet Pick-up:
Pembroke Gardens starting at 6:00 AM

Heat Warning: Temperatures/humidity can be high
in South Florida. Participants should drink plenty of
fluids (non-alcoholic) 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.

ChronoTrack: The race will be timed using the state
of the art Chrono Track Timing System. All partici-
pants will be required to pickup their ChronoTrack
D-TAG or who does not wear their ChronoTrack
D-TAG on their running shoe will not be timed or
scored in the results.

Refreshments: Light Refreshments will be available
for all participants.

Additional Information: Race results and photos
available www.splitsecondtiming.com



Pill Box Pharmacies Pines 5K Run and Walk
Pembroke Gardens near Jason's Deli
April 11, 2010

Make checks payable to: PAL
Mail to: Police Athletic League
7900 Johnson Street
Pembroke Pines, FL 33024



Last Name	Male/Female	Age	
Address	City	State	Zip
City	State	Zip	Email
Birthdate M/D/YR	Telephone	Fees:	Shirt Size:
Event: <input type="checkbox"/> 5K <input type="checkbox"/> Walk	Pre-Registration \$25.00	Raceday Registration \$30.00	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>