

Register Online: Pre-register online until August 22nd at www.jeffreyrunning.com or www.active.com.

Register In Person: June 15th to August 20th at Runner's Depot:

- **Promenade Plaza**
2233 South University Drive
Davie, Florida 33324
1/4 mile south of I-595 on the West side.
(954) 474-4074
- **SouthPort Plaza**
1489-1E SE 17th Street Causeway
Ft. Lauderdale, Florida 33316
1/4 mile east of US-1 on the North side
(954) 712-9951
- **Promenade Shops**
20335 Biscayne Blvd, Suite 11
Aventura Florida 33180
NE corner of Ives Dairy & Biscayne
(305) 931-3939

- Monday - Friday 10 a.m. - 7 p.m.
- Saturday 10 a.m. - 6 p.m.
- Sunday 12 noon - 4 p.m.

Register By Mail until August 20th (must be received by that date):

Make Checks payable to:
Gold Coast Runners

Mail completed application to:
19431 NE 19th Avenue, Miami, FL 33179

Race packet pickup and registration:

North Beach Park
5:45am - 7:15am at registration table.

5K start - 7:30am Kids Run Start - 8:30am

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.

A Special Thanks to Our Sponsors



David & Robert Burton
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Attucks Middle School
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Action Jewelry & Pawn
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Blackthorn Estate Buyers

Race Hotline:
Jon: (786) 873-6512



Sunday, August 23rd, 2009
7:30am

LOCATION:
Hollywood North Beach Park
3501 North Ocean Drive
Hollywood, Florida 33019

Event Proceeds to Benefit:
The Special Needs Program at
Attucks Middle School and
The Jeffrey Tait Educational Fund