

MCM Timing and Results LLC Proudly Presents

THE LOST 7-MILE RUN

SUNDAY, APRIL 28, 2013

LAKE OKEECHOBEE SCENIC TRAIL (LOST) – PORT MAYACA, FL

RACE CHECK-IN AND REGISTRATION OPENS AT 6:15 AM

RACE STARTS PROMPTLY AT 7:30 AM!

ENTRY FEE: \$25 PRE-RACE BY APRIL 27- \$30 RACE DAY

Use entry form below, or register at Fleet Feet Stuart – your choice!

Register online at no extra charge – visit www.mcmtiming.com for details

SWAG: Computer chip timing, cotton/poly t-shirts to the first 100 runners, Awards to Overall Male/Female, Masters Male/Female winners, and Age Group Awards three deep in 5-year Age Groups from 14 and Under to 80 and Over. Two water stops on course, refreshments available after.

COURSE: The course is an out-and-back course on the Lake Okeechobee Scenic Trail (LOST) that runs on top of the Herbert Hoover Dike surrounding Lake Okeechobee. The surface is wide, flat and smooth – perfect for that PR race! There's just one turn on the course – it's almost impossible to get lost ;-)!

Directions to Race: Take I-95 south to the Stuart exit 101 and go west (right) 25 miles on SR 76 Kanner Highway. NOTE – after about 14 miles, you will pass underneath the high bridge that leads to Indiantown – go under that bridge and continue on SR 76, all the way to its end. Go north on Hwy 441 up and over the high bridge, and then at the end of the bridge turn left into the parking area. You should see the race site from the top of the bridge as you look to the left. Visit www.mcmtiming.com for a map of the race site.

For More Info Please Call Mike Melton at 772-334-3469 or E-mail him - mike@mcmelton.com

Make check payable to: MCM Timing Mail to: MCM Timing 4126 NE Carrol Ct Jensen Beach FL 34957

Name _____ Gender M F Age _____ Date of Birth _____

Address (City/State/Zip) _____ Shirt S M L XL

Phone _____ E-Mail _____

In consideration of my entry being accepted, I intend to be legally bound, and do hereby for myself, my heirs and executors, waive and release any and all rights and claims for damages which I may have or which may hereinafter accrue to me against MCM Timing and Results LLC, Mike Melton, any of the sponsors, any subsidiary or political subdivision thereof, or their respective officers, agents, directors, representatives, successors or assigns, for any and all damages or injuries which may be sustained and suffered by me in connection with my association with entry or participation in the event listed above. If I should suffer injury or illness I authorize officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose.

Signature _____

Date _____