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Community Kitchen



Middle Way House

EVENT SPONSORS

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BLUE ACE MEDIA

The Bakehouse



SCOTTY'S BREWHOUSE

Bloomingfoods 5k Breakaway
2825 Blue Slopes Drive
Bloomington, IN 47408

PRSRTD STD
U.S. POSTAGE
PERMIT 171
BLOOMINGTON, IN



8:30 A.M.

SATURDAY
September 11, 2010

Saturday
September 11, 2010

Bloomingfoods

4TH ANNUAL



Breakaway

5K Run & Walk

B-FOODS CASH CARDS FOR TOP THREE
5K RUN FINISHERS (MALE & FEMALE)
6TH & MADISON • DOWNTOWN BLOOMINGTON



(812) 272-4789
Race Director:
Jo Throckmorton



RACE DAY SCHEDULE

- 7 - 8:15 am:** Registration/Number Pick Up
(Chase Bank Parking Lot @ 6th/Madison)
- 8:30 a.m.:** 5K Run & Walk* Begins
**Event timing ends after 60 minutes*
- 9:40 a.m.:** AWARDS & Door Prizes
- PARKING:** Runners are requested to park in the Convention Center Parking Lot at 3rd & College. Follow B-Line Trail north to Bloomingfoods

BREAKAWAY CHALLENGE

The top 3 OVERALL finishers in both the male and female RUN categories will receive Bloomingfoods Cash Cards good for any purchases at all three Bloomingfoods locations.

Breakaway Challenge Road Race Awards:

\$125 (1st), \$75 (2nd), \$50 (3rd)

Male & Female 5K RUNS ONLY

Course Records:

Male: 16:09.3 (Andy Krack, 2007)

Female: 19:22.8 (Jessica Gall, 2007)

ENTRY FORM

	B/F 9/4/10	AFTER 9/4/10
<input type="checkbox"/> 5K Run	\$14	\$20
<input type="checkbox"/> 5K Walk	\$14	\$20

Total Enclosed: _____

T-SHIRT*

Small Medium Large X-Large

**T-Shirts guaranteed ONLY for pre-registered entries.*

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

e-Mail: _____

Phone: _____

Age on Race Day: _____ Sex: _____

TO BE FILLED OUT BY RACE OFFICIALS - DO NOT FILL OUT

BIB NUMBER:	<input type="checkbox"/> PAID
_____	<input type="checkbox"/> T-SHIRT

WAIVER:

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event, and am in good physical condition. I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event, and I hereby release and hold harmless Bloomingfoods, its affiliates, any race sponsors and their employees, the race directors, and all other persons or entities associated with this race, including personal injury or damage suffered by me or others, whether same be caused by negligence of Bloomingfoods, its affiliates, any race sponsors and their employees, the race directors, and all other persons or entities associated with this race. If I do not follow all the rules of this event, I understand that I may be removed from the competition. I give my full permission to Bloomingfoods and its affiliates to use any photographs, videotapes, or other recordings of me that are made during the course of this event. If I am under 18 years of age, I understand that I must have my parent/guardian's signature in order to participate. No refunds for any reason shall be given.

Entrant's Signature or Parent / Guardian's Signature _____

Mail form: (checks payable to "Bloomingfoods 5K")
Bloomingfoods 5K Breakaway
c/o Jo Throckmorton
2825 Blue Slopes Drive
Bloomington, IN 47408

5K EVENT DETAILS

- What:** 5K Run & Walk
- Where:** 6th & Madison, Downtown Bloomington at Bloomingfoods Market & Deli
- When:** Saturday, September 11, 2010

Entry Fees: \$14 Pre, \$20 Race Day
EARLY ENTRY: Postmark by Sept. 4, 2010

5K RUN Age Group Awards (Male & Female):
Medals for top finisher in each age group:
13 and under, 14-19, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54, 55-59, 60-69,
70+(Male & Female)

Top 3 Finishers of 5K Run (Male & Female):
Top 3 Overall finishers of RUN receive a UNIQUELY DESIGNED Technical Shirt.

5K WALK Awards (Male & Female):
Trophies go to the Top 3 Overall finishers

FOR INFORMATION

www.5KBreakaway.com

REGISTER ONLINE!

Call: (812) 272-4789 or info@5kbreakaway.com

COURSE MAP

START/FINISH in front of Bloomingfoods at the corner of 6th and Madison.

