The Aching Quad

A Lakeland Runners Club Event

4 Races in 24 Hours

September 10 and 11, 2010

Lakes Hollingsworth, Morton and Hunter, Lakeland, Florida

The Challenge – The Aching Quad is the product of the appeal of multi-race events and the inherent camaraderie that occurs during them. If you've never tried one, you're in for a great experience. The first race is a 5K around Lake Hollingsworth, starting at 7:30 p.m. on Friday, September 10. The second race, a l-mile, is at 7 a.m. on Saturday, September 11, around Lake Morton. The third is a 2-mile around Lake Hunter at 8:30 a.m. Saturday, beginning and ending at Drane Park. The fourth and final race is the same 5K run as Friday night on Lake Hollingsworth, starting at 7 p.m.. The only remaining question is, can you run the Saturday 5K faster than you did the Friday 5K. All of the courses are on pavement or sidewalk and mostly flat. But the Lake Hunter course does have a tough little hill near the finish.

Entry Fees – The fee for all four races is $40, if received by September 3. The late fee is $50. Individual races are $12 each until September 3, $15 late. Only those who finish all four races will be eligible for awards. Tech shirts are guaranteed to all preregistered participants who enter at least two of the four races and as available to others. Checks should be made payable to the Lakeland Runners Club and mailed to Aching Quad, P.O. Box 1484, Lakeland, FL 33802.

Awards – At the post-race party at the Red Door, 850 S. Tennessee Ave. at McDonald, trophies will be presented to the overall male and female, the overall masters (40 and over) male and female, the overall grand masters (60 and over) male and female and the top 3 finishers in male and female divisions beginning with 13 and under, 14-19, and 5-year age groups up to 70 and over.

Information – For additional information call 863-682-6200.

RRCA ROAD RUNNERS CLUB OF AMERICA

LAKELAND RUNNERS CLUB FLORIDA

RED DOOR WINE MARKET

2010 Aching Quad Entry Form

4 Race Entry ☐ **$40 prior to Sept. 3, $50 after Sept. 3**

Single Race Entry $12 per race prior to Sept. 3, $15 late **Shirt Size**_____

Friday 5K ☐ **Sat. 1 mile** ☐ **Sat. 2 mile** ☐ **Sat. 5K** ☐

Make checks payable to "Lakeland Runners Club" and mail to Aching Quad, P.O. Box 1484, Lakeland, FL 33802

_____ _____ _____ **Male** ☐ **Female** ☐

Print First Name **Print Last Name** **Age**

_____ _____ _____

Street Address **Phone Number**

_____ _____ _____

City **State** **Zip Code**

_____ _____ _____

Signature **Date Signed** **Signature of Parent if under age 18**