



# The Aching Quad

## A Lakeland Runners Club Event

### 4 races in 24 hours

### September 25 and 26, 2009

### Lakes Hollingsworth, Morton and Hunter, Lakeland, Florida

**The Challenge** -The Aching Quad is the product of the appeal of multi-race formats and the inherent camaraderie associated with them. If you've never tried one, you're in for a treat. The first race is a 5K on Lake Hollingsworth starting at 7:30 p.m. on Friday the 25<sup>th</sup>. The second race, a 1-mile, is at 7 a.m. at Lake Morton on Saturday the 26<sup>th</sup>. The third race is a 2-mile around Lake Hunter, starting at 8:30 a.m. at Drane Park. The fourth and final race is the same 5K on Lake Hollingsworth, at 7 p.m. Saturday night. The only remaining question is can you run it faster than you did the night before. All of the courses are on pavement or sidewalk and mostly flat. But the Lake Hunter course does have a short devilish hill near the finish.

**Entry Fees** - The fee for all four races is \$40 if received by September 18. The late fee is \$50. Individual races are \$12 each until September 18, \$15 late. Only those who finish all four races will be eligible for awards. T-shirts are guaranteed to all preregistered entrants and as available to others. Checks should be made payable to the Lakeland Runners Club Inc. and mailed to Aching Quad, P.O. Box 1484, Lakeland, FL 33802.

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

**Awards** - The 4-race award winners will be determined by the sum of the finish places in for four races. Those with the lowest totals are first. Time differentials will be the tie breakers. Times from previous races will be posted as possible, prior to each race. Trophies will be awarded to the overall male and female, the overall masters (40 and over) male and female, and the overall grand masters (60 and over) male and female. Age group awards will be three deep in male and female divisions beginning with 13 and under, 14-19, then 5-year groups up to 70 and over.

**Directions** - From Tampa, take I-4 east to the Memorial Blvd. Rte 92 exit. Head east to Florida Ave., turn right and drive through the center of Lakeland until you get to the light at Beacon Street. Turn left and follow it to Lake Hollingsworth. Go right at the lake and turn into the parking lot on the left at the light. This is where the first and last race start.

From Orlando, take I-4 west to the Route 98 exit. Turn left at the light and go under I-4. Continue south on 98, Florida Ave., and stay on Florida Ave. when 98 turns left. Go through the center of Lakeland, continue to the light at Beacon Street, and follow the remainder of the directions from Tampa.

**Post-Race Party** - The awards ceremony and post-race party will be held at Wings of Lakeland on South Florida Avenue, beginning at 8 p.m. Saturday.

**Overnight Accommodations** - Holiday Inn Lakeland-South at 3405 South Florida Avenue is the host hotel of the Aching Quad. Call 863-646-5731 for reservations and ask for the special Aching Quad rate.

**Sponsors** -



#### Entry Form for the Aching Quad, a Lakeland Runners Club event

Four Race Entrant  \$40 prior to Sept. 18, \$50 late and race day

Single Race Entrant \$12 per race prior to Sept. 18, \$15 late, check each race entered:

Friday 5K  1 Mile  2 Mile  Saturday 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