

# The Summer Sunrise Watermelon Race Series 2010



**Four 5K Races at 7 a.m. on June 5, June 26, July 24, and August 21  
at Lake Hollingsworth, Lakeland, Florida**

The Summer Sunrise Watermelon Race Series, now in its 15<sup>th</sup> year, is a low-cost annual celebration of fitness. It's intended to keep you motivated through the tough hot summer months. Popular with both seasoned and casual runners, walkers are also welcome.

The entry fee for the series is \$15. Individual races are \$5 each. Only those who finish all four races are eligible for the awards that will be presented following the August race. Checks should be made payable to the Lakeland Runners Club. Mail entries to SSWRS, P.O. Box 1484, Lakeland, FL 33802.

The Series is no frills. There will be no individual race trophies or shirts. But there will be watermelon after each race. Series award winners will be determined by the sum of the four race times. Awards will go to male and female overall, overall Masters (40 and over) winners, and overall Grandmasters (60 and over) winners plus 5 deep in the following age groups: 13 and under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 and over.

For information call 863-682-6200 or go to [lakelandrunnersclub.com](http://lakelandrunnersclub.com).

## Summer Sunrise Watermelon Race Series 2010 Entry Form

**4-race Series entrant**  **Shirt Size** **S**  **M**  **L**  **XL**

**Single-race entrant:** **June 5**  **June 26**  **July 24**  **Aug. 21**

**Male**  **Female**

\_\_\_\_\_  
**Name (printed)**

\_\_\_\_\_  
**Age**

\_\_\_\_\_  
**Street**

\_\_\_\_\_  
**City**

\_\_\_\_\_  
**State**

\_\_\_\_\_  
**Zip Code**

\_\_\_\_\_  
**Phone Number**

\_\_\_\_\_  
**Signature (parent or guardian if under age 15)**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Email Address**