



Inaugural MOUNT DORA ROAD RACE

**AUTUMN FOUR MILER**  
November 20, 2010

**Description:** The Autumn Four Miler is the premiere road race in Lake County, a 4-Mile road race/walk through beautiful Mount Dora. The unique and challenging course takes runners through the entire city, highlighting its historic design, soft hills, and spectacular waterfront vistas. The race begins and ends in Elizabeth Evans Park, incorporates the Highland Street and Fifth Avenues business and shopping districts, includes a scenic half-mile stretch along the shores of Lake Dora, and finishes with a downhill run into Historic Downtown on this USATF Certified (FL06064DL) featuring standard 5 year age groups and awards.

**Time and Place:** Race Day is Saturday, November 20th, 8:00 a.m., Elizabeth Evans Park, downtown Mount Dora (south end of Donnelly Street near Lakeside Inn). **Registration and packet pick-up** Friday, Nov 19 at 4:00 - 7:00 pm at On the Run Fitness, 301 N Baker Street, and Saturday November 20 from 6:00 - 7:30 am at Elizabeth Evans Park.

**Cost:** \$25 Aug 1 through Nov 19 \$30 on race day

**Register online** at [www.altavistasports.com](http://www.altavistasports.com) or mail this application to Mount Dora Sister Cities Assoc. 301 N Baker Street # 101, Mount Dora, FL 32757. **Checks must be made payable to "MDSCA."**

**Food, lodging and shopping:** For a complete list of bed and breakfast, hotel, dining and shopping opportunities in Mount Dora, visit this website: [whattodoinmountdora.com](http://whattodoinmountdora.com)

**Registration Form (Please Print)**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

City/State/Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Alternate Phone Number: \_\_\_\_\_

T-Shirt Size: \_\_S \_\_M \_\_L \_\_XL *All entries postmarked by Nov 5 will receive a t-shirt. Sizes not guaranteed*

Age on Race Day: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Sex: \_\_Male \_\_Female **Event:** \_\_\_\_ 4 Mile Run \_\_\_\_ 4 Mile Walk

Person to contact in emergency: \_\_\_\_\_ Phone #: \_\_\_\_\_

**Entry Fee:** Aug 1 - Nov 19th \$25 \_\_\_\_ Race day \$30 \_\_\_\_\_

Please make check payable to: \_\_\_\_\_ or Register online at [www.altavistasports.com](http://www.altavistasports.com)  
**MDSCA, 301 N Baker Street # 101, Mount Dora, Florida 32757**

**WAIVER (MANDATORY)**

I, the undersigned, hereby waive and release the City of Mount Dora, all event sponsors, employees and volunteers from any claims, damages, actions, liability, and expense in connection with loss of life, personal injury, and/or damage of property which may occur as a result of running, walking, or engaging in any type of physical activity during the event. I give my full permission to the event organizers to use any photographs and videotapes that are made during the event.

\_\_\_\_\_  
Signature of Participant or *Parent/Legal Guardian if participant is under 18* Date

**Awards:** Top three male and female overall, top male and female master, top male and female grandmaster, Top male and female senior grandmaster and the top three finishers in each age division will receive Awards. Age groups: 14 and under, 15-18, 19-24, 25-29 and standard 5 year age groups up to 70 and over.

**For more information** contact Race Director **Vickie Steuben** at 352-729-2150 or [vickie@ontherunfitness.net](mailto:vickie@ontherunfitness.net)