



F.I.S.H. of Sanibel-Captiva, Inc.

"Neighbors Helping Neighbors"



Saturday, October 18, 2014 at 7:30 am Sanibel, Florida

The 10K (6.2 miles) race will start and finish at the Sanibel Community House, 2173 Periwinkle Way, Sanibel Island.

Parking will be available directly across the street from the Sanibel Community House.

A FISH 10K Expo will run from 7am to 12 noon and refreshments will be available during this time.

Entry fee is \$30 if pre-registered by October 11, 2014. (Mailed entries must be postmarked by this date. Mail form and payment to Fort Myers Track Club, P.O. Box 60131 Fort Myers, FL 33906. Make checks payable to Fort Myers Track Club.)

All entrants pre-registered by October 11 are guaranteed a T-shirt.

Entry fee is \$35 from October 12 through October 17 and \$40 on race day.

Online registration is available at www.ftmyerstrackclub.com until Friday, October 17, 2014 at 5:00pm.

Printable entry forms are also available at www.fishofsanibel.com and www.ftmyerstrackclub.com.

REGISTRATION ENTRY FORM

First Name: _____ Last Name: _____
 Date of Birth: _____ Age (race day): _____ M ☐ F ☐
 Address: _____ Email Address (for results): _____
 City: _____ State: _____ ZIP: _____
 Daytime Phone: _____ T-Shirt Size: S ☐ M ☐ L ☐ XL ☐

In consideration of the acceptance of my entry in the 10K RACE 4 F.I.S.H. to be held on October 18, 2014 at Sanibel, FL, I release from their own negligence the Fort Myers Track Club, the RRCA, the County of Lee, the City of Sanibel, F.I.S.H. of Sanibel-Captiva, Inc., all sponsors and officers, directors and members of each of said organizations, their respective employees and agents, and any other entities and individuals who are in any way connected with this event. I understand that this release applies to myself and my personal representatives, heirs and assigns. I represent that I have adequately trained to participate in this event and recognize that risk of injury accompanies such participation and acknowledge that the release is being relied upon by the above persons in permitting me to participate. I understand that if I am under the age of 18 I must have the permission of my parent (s) or legal guardian in order to participate in this event. I, the undersigned parent or legal guardian hereby consent to the applicant's participation and waive and release all rights and claims for damages as is more fully set forth above.

**I HAVE READ THE ABOVE RELEASE AND UNDERSTAND
THAT I AM ENTERING THIS EVENT AT MY OWN RISK.**

Date: _____

Signature: _____

Parent or Guardian Signature (if under 18):

Chrono Track B-Tag System

The new Chrono Track B-Tag System will be used for scoring and results. **Any participant who does not wear the B-Tag will not be scored as a part of the results.** Pin all four corners of the tag to the running shirt. **B-Tags must not be covered with articles of clothing.** Instructions are provided.

Make checks payable to: FMTc. If entry by mail send to: Fort Myers Track Club P.O Box 60131 Fort Myers FL 33906



F.I.S.H. of Sanibel-Captiva, Inc.

"Neighbors Helping Neighbors"

F.I.S.H. of Sanibel-Captiva, Inc. is a non-profit human services organization assisting Sanibel and Captiva islanders and visitors with a wide range of services. These include a food pantry, meals on wheels, transportation to medical appointments, loaning of medical equipment and emergency financial assistance. **You can help F.I.S.H. by bringing an unopened, unexpired food item or paper product with you to the 10K Race 4 F.I.S.H. Food bins will be prominently placed at the registration area. Many thanks.**



Or current resident

**NON PROFIT
U.S. Postage
PAID
Permit 259
Ft. Myers, FL**

**P.O. BOX 60131
FORT MYERS
FL 33906**

Race Liaison: Marty Kern Email: martyshaw@gmail.com

Race Packet Pickup: Friday, October 17th from 2pm - 6pm at **Run Florida** 13101 McGregor Blvd. Suite #1, Fort Myers, FL 33919. **Phone:** 239-225-0234

RACE DAY: Registration 6:30am **Race Start:** 7:30am

SAFETY MEASURES:

Due to the nature of the course, for the safety and enjoyment of all participants, unregistered runners, unauthorized bicycles, skateboards, roller skate/blades, dogs, and joggers/strollers are strictly prohibited. Wearing headphones is officially discouraged. If you disregard these restrictions, you are increasing risk of injury to yourself and others. Hot and humid conditions may exist. Drink plenty of liquids prior to the race and replenish your fluids at aid stations. Rain cancellation is a possibility. Entries are non-transferable and non-refundable.

AWARDS for 10K RUN:

Finishers Medallion and T-Shirt (All entrants pre-registered by October 11th are guaranteed a T-shirt.)

Female and Male Overall, Masters, Grandmasters and Senior Grandmasters winners, and three deep in the following age categories: **98 Total Awards**

9 & under	16-19	30-34	45-49	60-64
10-12	20-24	35-39	50-54	65-69
13-15	25-29	40-44	55-59	70 & over